



UNITÉ DE SOINS MÈRE-ENFANT
MATERNAL CHILD CARE UNIT



Birthing Guide

WELCOME TO OUR BABY FRIENDLY CERTIFIED
MATERNAL CHILD CARE PROGRAM

Mother's Name :

Partner/Support Person's Name :

Expected Due Date :

Participating In : Héma-Québec Study :

All options presented below are routinely available at SMHC if the mother's and baby's condition allows.

All interventions will be discussed with you. Please share this form with your doctor during a prenatal visit, ideally around 32-34 weeks and don't forget to bring this form to the birthing center.

Appropriate Boxes

Routine at SMHC

Delivery planned as :

- Vaginal
- VBAC (Vaginal Birth After Cesarean Section)
- C-Section

Medical concerns :

Environment during labour :

- As few interruptions as possible
- Have your partner/support person present
- Dimmable lights
- CD player in all rooms

Other :

Pain relief :

My goal :

- Natural birth by using non-pharmacological measures:
 - Birthing ball
 - Hydrotherapy (bath or shower)
 - Massage by support person
- Pain medications
 - Nitrous Oxide (analgesic gas)
 - Epidural

Other :

Monitoring (of baby's heartbeat and contractions) :

- Intermittent (for normal pregnancy and delivery)

Labor and Delivery :

- Move and walk freely if possible
- Eat and drink lightly
- IV fluids only if necessary
- Wait for spontaneous urge to push
- Possibility of varied birth positions
- Spontaneous rupture of membranes vs artificial
- Use a mirror to see the baby's birth
- Partner or support person to cut the cord
- Episiotomy only if necessary
- Baby skin-to-skin with mother immediately

Other :

If a Cesarean section is needed :

- Partner or support person may be present unless contraindicated
- Skin-to-skin contact with baby as soon as possible

Following delivery, I plan to :

- Breastfeed exclusively
- Other :

Routine baby care :

- 24h rooming in (unless baby's condition warrants transfer to nursery in which case the father or support person can be with the baby at all times)
- Application of ophthalmic ointment Erythromycin
- Vitamin K injection
- Medical exam and first bath in your presence

Other :

Discussed with my doctor on : _____

Physician : _____