

NRHS TeamBirth Preferences



Pushing Suggestions

Recovery Suggestions

Pushing

- No Visitors When Pushing
- Visitors OK During Pushing
- Visitors Dependent on Situation
- Delayed Cord Clamping 30-60 Seconds (Standard)
- Changing Positions While Pushing
- Be Coached Through Pushing
- No Counting During Pushing
- Provide Privacy
- Cord Cut by _____
- Photos of Cord Cutting
- Mirror for Pushing/Birth
- Music
- Quiet Voices
- Low Lights
- See My Placenta
- Take My Placenta Home
- I Have No Preferences
- What is Recommended by the Physician/Nurse

Recovery

- Human milk only, recommended when possible. Human milk may be given through breastfeeding or pumping and feeding by bottle.
- Mix of Human Milk and Formula Feeding
- Formula only
- Skin to Skin with Mom
- Skin to Skin with Support Person
- Low Light
- No Visitors
- Visitors OK
- Shower when Able
- Baby Shots After Delivery
- Baby Weight After Delivery
- Delayed Baby Shots until after Skin to Skin
- Delayed Baby Weight until after Skin to Skin
- Ice Pack (vaginal delivery)
- Pain Relief (Ibuprofen/Tylenol Standard)
- Photos During Recovery
- Assistance from Lactation
- I Have No Preferences
- What is Recommended by the Physician/Nurse

Other _____
