

Successful Healthy Birth Steps



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Preparing for childbirth helps control anxiety, which contributes positively in the birth process and the success of breastfeeding.

Attendants

I'd like the following people to be present during labor and/or birth:

- Partner
- Friend
- Relative

AMENITIES

I'd like to:

- Bring music/Watching TV/listen to Quran
- Dim the lights
- Take pictures and/or video during labor and delivery

HOSPITAL ADMISSION & PROCEDURES

- I'd like the option of returning home if I'm not in active labor

Once I'm admitted, I'd like

- My partner to be allowed to stay with me at all times
- To eat if I wish to
- To try to stay hydrated by drinking clear fluids instead of having an IV
- To have a heparin or saline lock or IV Canula
- To walk and move around as I choose

OTHER INTERVENTIONS

As long as the baby and I are doing fine, I'd like to:

- Have intermittent rather than continuous electronic fetal monitoring
- Be allowed to progress free of stringent time limits (if no medical concern) and have my labor augmented only if necessary

Dealing with pain medication

I'd like to try the following pain-management techniques:

- Please don't offer me pain medication. I'll request it if I need it
- If I decide I want medicinal pain relief, I'd prefer Regional analgesia (an epidural and/or spin block/Nitrous Mask)

PUSHING

When it's time to push, I'd like to:

- Be coached on when to push and for how long
- Be allowed to progress free of stringent time limits as long as my baby and I are doing fine

I'd like to try the following positions for pushing (and birth):

- Semi-reclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right at the time

VAGINAL BIRTH

During delivery, I'd like:

- The room to be as quiet as possible
- To give birth without an episiotomy

After birth, I'd like:

- To hold my baby right away skin to skin, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- To wait until the umbilical cord stops pulsating it's clamped and cut
- My partner to cut the umbilical cord



C-SECTION

If I have a c-section, I'd like:

- My partner present at all times during the operation
- The screen lowered a bit so I can see my baby being delivered
- The baby to be given to my partner as soon as s/he's dried, if appropriate

POSTPARTUM

After delivery, I'd like:

- All newborn procedures to take place in my presence
- My partner to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot provided for my partner

I'd like:

- 24-hour rooming-in with my baby
- My baby brought to me for feedings only
- To make my decision later depending on how I'm feeling
- My other children brought in to see me and meet the new baby as soon as possible after the birth
- Take my baby for procedures outside the room for less than an hour at a time

FEEDING ISSUES

I plan to:

- Breastfeed exclusively
- Combine breastfeeding and formula-feeding
- Formula-feed exclusively





Do not offer my baby

- Formula
- Sugar water
- A pacifier

CIRCUMCISION

If my baby's a boy:

- I want him to be circumcised at the hospital
- I'll have him circumcised later
- I don't want him circumcised

DISCHARGE

I'd like to:

- Be discharged from the hospital with my baby as soon as possible
- Stay at the hospital as long as possible
- Wait and see how I feel before deciding about the timing of hospital discharge