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**Things to Know When Creating Your Birth Preference List**

**3**

**Flexibility**

***Birth preferences may need to change based on several factors, including the health of the birthing person and the baby. It is important to be prepared, should complications arise.***

* *Talk to your provider about what can happen during labor and delivery*
* *Include alternate options in your preference list*

**The Birth Environment**

***There are several components of the environment that the birthing person can create for themselves.***

* *Identify support person(s) you want in the room*
* *Determine if you want music, lighting, or massage*
* *Explore your options for mobility and walking*
* *Determine laboring positions and birth props*

**Planning with Your Provider**

***Talk with your midwife or OB about your preferences. They may provide information and discuss realistic expectations.***

* *Discuss your birth preferences during prenatal visits*
* *Explore your options for vaginal and cesarean births*
* *Determine if you will have a doula*
* *Outline post-delivery preferences*

**2**

**1**

**3**

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**INSERT PARTNER LOGO**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.