As you approach your due date, you may be wondering what to expect on the special day your baby arrives. We’re here to help you think about the options you may have during labor and the exciting moments after childbirth.

**Honoring your preferences**
During your care with us, we will:
- Listen to you and take your concerns seriously.
- Support your wishes for coping with labor and feeding your baby.
- Ask for your consent before exams or procedures for you and your newborn.

**Ensuring your comfort and safety**
We have a diverse care team, and your comfort with them is important to us. If you have preferences about your clinicians, let us know so we can discuss this together. To help promote a healthy delivery, we will:
- Assist you with birthing positions so your labor progresses.
- Offer you various methods to cope with labor. Learn more at kpdoc.org/copingwithlaborvideo.
- Recommend placing an IV for medication. We can cap off your IV so you can move around.
- Provide light meals and fluids to stay nourished and hydrated in early labor.
- Monitor your baby’s heartbeat throughout labor. Learn more at kpdoc.org/monitoringyourbaby.
- Avoid unnecessary cesarean births (C-section) or routine episiotomies (a cut to enlarge the vaginal opening). If a C-section is needed, we’ll support your preferences as much as possible, including holding the baby skin-to-skin in the operating room if you’re both feeling well.
- Ensure clinicians in training work closely with supervising staff.
- Safeguard against discrimination and health disparities.

**Bonding and feeding**
Uninterrupted, skin-to-skin contact with your baby during the first hour after birth (“golden hour”) helps your newborn transition and begin feeding. Your baby will stay with you in your hospital room to promote bonding, feeding, and sleeping for both of you.

If you plan to breastfeed or chestfeed, we recommend:
- Starting within 1 hour after birth, if possible. Your early milk (colostrum) is the perfect first food for your baby.
- Avoiding formula while your baby is learning to latch, unless it’s needed for medical reasons.

Our staff, including lactation consultants, are well trained to support you in the hospital and when you return home. Learn more at kpdoc.org/breastfeeding.

If you’re not planning to breastfeed or chestfeed, we’ll teach you how to safely feed your baby.

**Caring for your baby**
To get a healthy start, we’ll delay umbilical cord clamping and your baby’s first bath when possible.

We also recommend 3 important medications for your baby right after birth:
- Vitamin K injection to prevent bleeding problems
- Hepatitis B vaccine to prevent hepatitis B liver disease
- Antibiotic (erythromycin) ointment to prevent eye infection

If you’re considering circumcision for your baby, we encourage you to decide before giving birth.
Let us know who you’d like to be present at your birth (partner, family member, friend, doula, other):

If possible, I’d like the cord cut by:

**Coping with labor**
Which options will make you feel most comfortable and safe during and after labor? Check all that apply:

- [ ] Staff assistance in managing visitors during my stay
- [ ] Lights dimmed
- [ ] Music played on a device that I’ll bring

Which coping methods do you prefer? Check all that apply:

- [ ] Non-medication approaches, such as walking, visualization, and breathing techniques
- [ ] Tools such as a warm shower or bath, TENS, or sterile water papules (varies by medical center)
- [ ] Nitrous oxide
- [ ] IV pain medication
- [ ] An epidural
- [ ] I’ll decide during labor.
- [ ] I don’t want to be offered pain medicine even if I seem uncomfortable. I’ll ask for it if I need it.

**Monitoring your baby**
With continuous monitoring, we watch your baby’s heartbeat throughout your entire labor with monitors secured to your belly. Certain situations require continuous monitoring. If you’re at low risk, we may be able to check your baby’s heartbeat at regular intervals (intermittent auscultation), which can give you more freedom of movement. Which option do you prefer?

- [ ] Continuous electronic fetal monitoring
- [ ] Intermittent auscultation

**Feeding preferences and history**
Tell us how you plan to feed your baby in the first 6 months. Check all that apply:

- [ ] Breastfeed or chestfeed
- [ ] Pumped milk
- [ ] Formula
- [ ] Other:

I’d like my care team to know:

- [ ] I’ve had problems breastfeeding or chestfeeding in the past.
- [ ] I’m unsure how I plan to feed my baby. I’d like more information to help me plan.

List any questions or fears you have about childbirth, feeding your baby, medical procedures, or your hospital care providers. Is there anything else you’d like your care team to know to support you?

**Sharing cultural, religious, and family traditions**
List any traditions you have, such as taking the placenta home, saying a prayer after childbirth, or eating preferences that you’ll observe while in the hospital, so your care team can support you: