

*I'm feeling...*



*...about the birth*

*Hands Off*

*Care provider in the background*



*Hands On*



*Care provider as present as possible*



*This is my first baby.*

*I have had*



**1**

*previous birth*

*I have had*



**2**

*previous births*

*I have had*



**3**

*previous births*

*Ask Permission*



*My Consent is Important*

*Special Medical Requirement*



*Special Requirement*

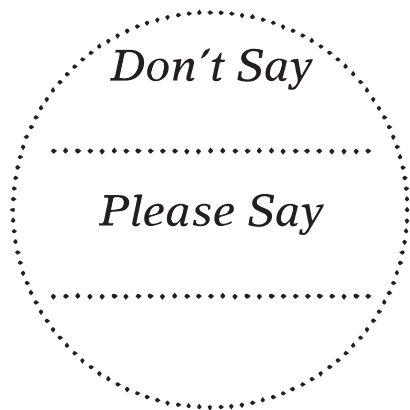
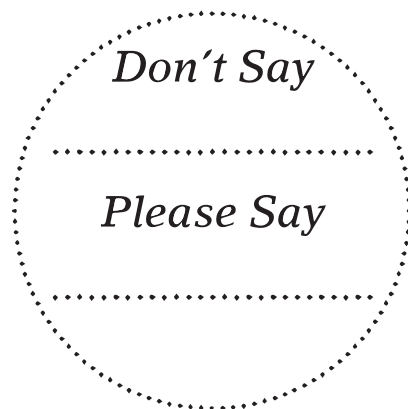
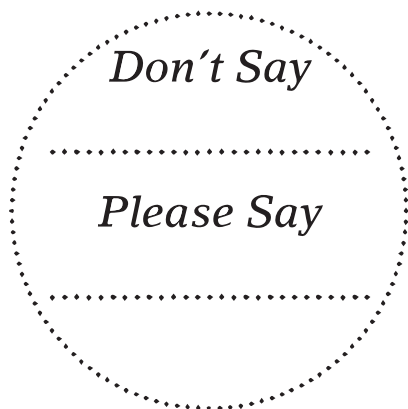


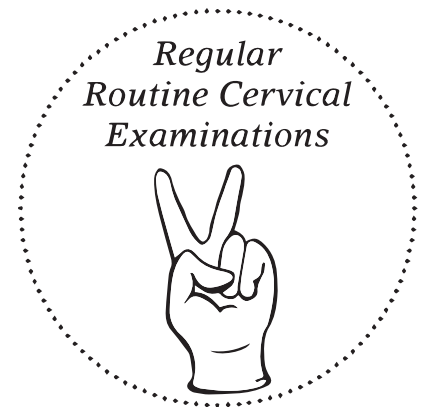
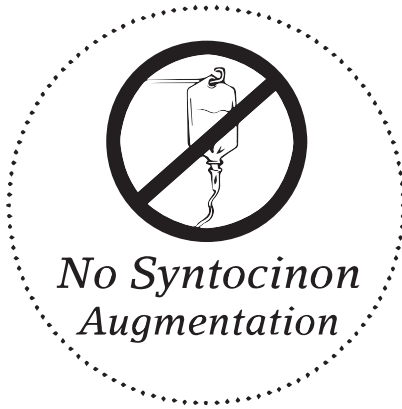
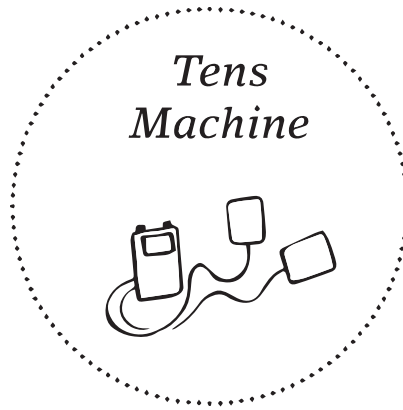
*Special Cultural Requirement*



*Special Spiritual Requirement*







*Negotiate  
Consent for  
Internal Exams*



*Cervical  
Examinations by  
Maternal Request*



*I Can Check  
My Own Cervix*



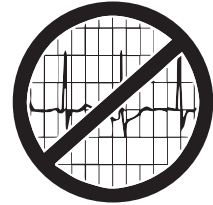
*Check  
Baby's Heartbeat  
at Maternal Request*



*Happy for  
Midwife to Regularly  
Check Baby's Heartbeat*



*No CTG  
Monitoring*



*No Foetal  
Scalp Electrode*



*No Foetal  
Blood Sampling*



*Request  
CTG Monitoring*



*Please  
Encourage and  
Guide My Pushing*



*Please  
Don't Tell Me  
When  
to Push*



*Assisted  
Delivery if  
Required*



*Caesarean  
Preferred to  
Assisted Delivery*



*Midwife  
to Catch  
the Baby*



*Mum  
to Catch  
the Baby*



*Dad  
to Catch  
the Baby*



*.....  
to Catch  
the Baby*



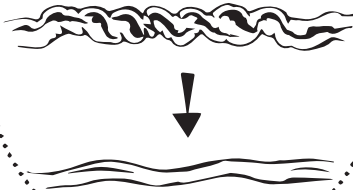
*Please Let Us  
Discover the  
Baby's Sex*



*Please Let Me  
Discover the  
Baby's Sex*



*Optimal  
Cord Clamping*



*Skin  
to  
Skin*



*Please Don't Wash  
or Wipe my Baby*



*Please Wipe  
My Baby Down*

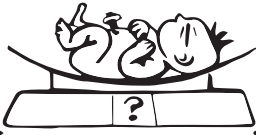


*Calm  
and Dimly-lit  
First Hour*

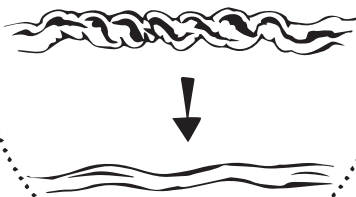




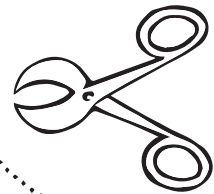
*Delay  
Weighing and  
Measuring*



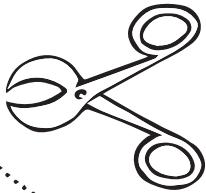
*Optimal  
Cord Clamping*



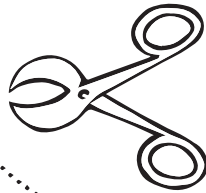
*Midwife to  
Cut the Cord*



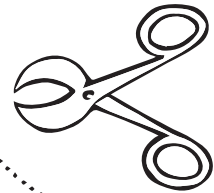
*.....  
to Cut the Cord*



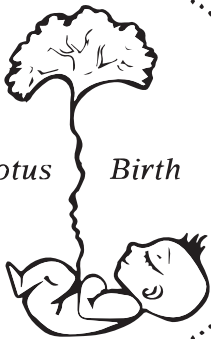
*Dad to  
Cut the Cord*



*Mum to  
Cut the Cord*



*Lotus  
Birth*



*Physiological  
Third Stage*



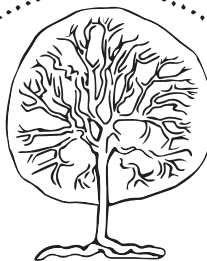
*Active  
Management*



*Delayed  
Active Management*

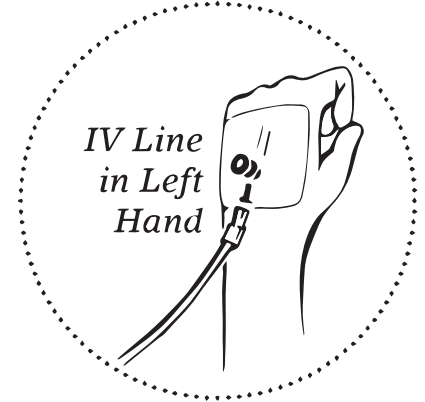
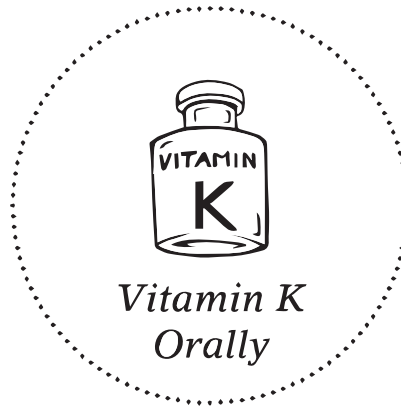
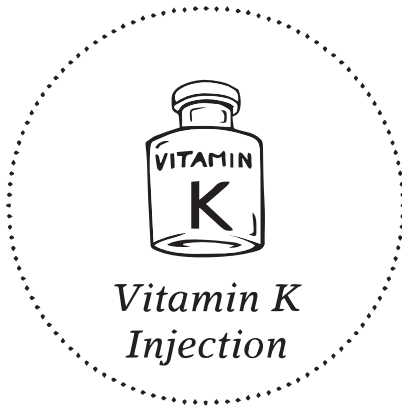
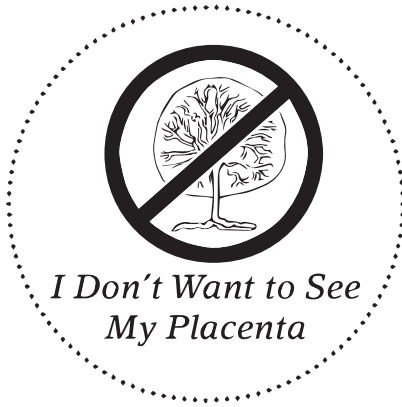


*I Want to See My  
Placenta*



*I Want to Keep  
My Placenta*









To read more on how to use these icons see  
Chapter 6: Planning Your Birth in  
*The Positive Birth Book* by Milli Hill

