


@voicesofeve

Where to Birth?

Weigh your options



Use this guide to give you
inspiration for choosing
your birthing location
and even use it to
interview potential care
providers and birthing
locations!

KNOW YOUR NEEDS

The first step to knowing the best place to have your baby is knowing what your needs, wants, and fears are. Because ultimately the best place to deliver your baby is the place you feel most at peace! Answer the following questions and talk about them with your partner, other trusted persons, and/or your doula.

What am I most excited about?			
What is my biggest fear?			
What is my top priority?			
What kind of birth do I want?			

What most excites me about the possibility of a hospital birth?			
What concerns me the most about a hospital birth?			
What most excites me about the possibility of a birth center birth?			
What concerns me the most about a birth center birth?			
What most excites me about the possibility of a home birth?			
What concerns me the most about a home birth?			

MY TOP PRIORITIES/ CONCERNS

Some of our needs for our birth are outside of our control, others cause too much anxiety, use the following tool to help you decide what your top needs and concerns are. The scale runs from 1-10, 1 being not a concern at all and 10 being a top concern.

[illegible]

OPTIONS IN PREGNANCY, LABOR, AND BIRTH

Knowing your feelings on some of the following options can help when weighing your decision on where to deliver.

	Not a concern at all								Big/Top Concern		
Option	1	2	3	4	5	6	7	8	9	10	
Large staff/birth team											
Small staff/birth team											
Intermittent fetal monitoring											
Constant fetal monitoring											
Quick access to C-section option											
Delayed access to C-section option											
Hospital type room											
Home style room											
Secluded location											
In town location											
Vending machines/fast food nearby											
Kitchen to bring/prepare your own food/snacks											
Eating during labor											
Epidural											
Lactation support											
Doula access											
Outside vendor access											
Remaining at birth place a few days											
Quick return home											
Staying at home after birth											

OPTIONS IN PREGNANCY, LABOR, AND BIRTH

Knowing your feelings on some of the following options can help when weighing your decision on where to deliver. There are blanks for you to fill in your own options below

[illegible]

WHERE DO YOU FEEL MOST AT PEACE?

Ultimately where you feel the most at peace will likely be the place that you have to most pros to. But if after laying out the pros for each place and you are still drawn to one that may not have the most pros follow that gut instinct!

Pros to Hospital Birth

Pros to Birth Center Birth

Pros to Home Birth

WHAT TYPE OF BIRTH DO YOU WANT?

Next it helps if you decide what type of birth you are hoping for. For instance if you have your heart set on an epidural a birth center or home birth might not be the best place for you to deliver. So use the following chart to help map your perfect birth, then you can find the location that best suits your birth map! Write out a sentence or a few words the describe your desires for each stage of your birth journey.

