@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!

OW 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.

	Not a concern at all						Big/Top Concern			
Option	1	2	3	4	5	6	7	8	9	10
Short distance from my home										
Quick access to a C-section option										
Quick access to medical pain management										
Out of pocket cost										
Traditional Medical Testing and screenings										
Homeopathic Traditional testing and screenings										
Ultrasounds										
Access to Childbirth Classes										
Affordability										
Paying with insurance										
Paying without insurance										
Access to additional services like chiropractic, massage, etc.										
Medical pain management for labor										
Natural Pain management methods										
Privacy										
Quick NICU access										
Delayed NICU access										

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							E	Sig/Top C	oncern
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										

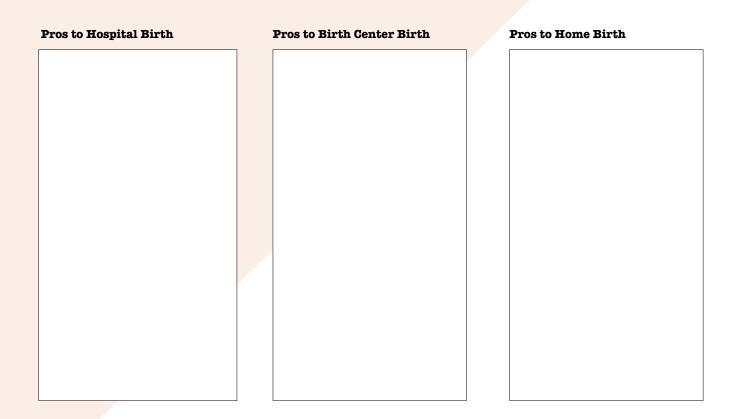
OPTIONS IN PREGNANCY, LABOR, AND BIRTH

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

	Not a c							Big/Top Concern		
Option	1	2	3	4	5	6	7	8	9	10
Newborn vaccinations										
Bed sharing										
Not bed sharing										
My pregnancy/birth being high risk										
Access to water to labor in										
Access to water to birth in										
Nearness to my home										
Access to visitors										
Pretty location for photos										
Access to outside										
Access to areas to walk during labor/postpartum										
Bringing my own supplies to my labor/birth										
Location providing most of the supplies										
Follow up with my care provider at their office in postpartum										
Care provider coming to me postpartum										

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!



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.

