

# Birth letter

## - a template from Din Gravidcoach

**Name and social security number the birthing person:**

**Name of parent/partner and possible support person/doula:**

**Important to know about me/us. Describe, for example:**

- Any health perspectives (medical information is registered in the journal from the midwifery clinic as well)
- Feelings during pregnancy; mentally, physically
- Anything else you want the staff to know about

**Important *during* birth. Describe, for example:**

- How you want the birth to be. Describe the dream
- What you need to feel safe
- If you carry worries, fears or have any trigger points
- If you have wishes for the pushing phase, e.g. birthing position, who catches the baby, etc.
- Concrete requests, e.g. photographing/filming the birth
- Thoughts and wishes based on \*hospital routines

**Strategies during birth. Describe, for example:**

- Any preparations you have made before the birth
- How you prefer to be met. What kind of communication or encouragement do you need?
- Thoughts or wishes about physical touch
- Requests for support regarding a certain method (e.g. one might ask for a midwife who is familiar with "Giving birth without fear", hypnobirthing or other)

**Pain relief. Describe, for example:**

- Thoughts and preferences regarding medical/non-medical pain relief
- Desires regarding whether, and how, different forms of pain relief are presented to you

**Important *after* birth. Describe, for example:**

- Wishes for the first hours after the baby is born, e.g. "golden hour"
- How you think about breastfeeding/bottle feeding
- Thoughts and attitudes regarding \*routines after birth

**In case of unplanned caesarean birth. Describe, for example:**

- Desires specific to an unplanned cesarean birth. Otherwise, a formulation can be that, as far as it is possible and medically justifiable, one has the same wishes as for a vaginal birth.

\*Read about hospital routines at Föda med Stöd: <https://xn--fdamedstd-07ah.se/din-guide-till-rutiner-i-forlossningsvarden/>