



Birth Letter

Name:

Personal ID number:

Estimated due date:

Partner/support person(s): *Name and relation*

Language: *In which language would you like to receive information*

Who I Am and What Feels Important

How would you describe yourself as a person? (e.g. calm, anxious, confident)

What would be helpful for the midwife to know about you and how you think about this birth?

Previous experiences that you would like the staff to be aware of? What are you most looking forward to during birth? What are your main wishes for the birth?

Is there anything that could trigger worry or discomfort?

Partners perspective

What would be good for the midwife to know about you? In what way would you like to be involved in this birth? Do you carry any worries or have specific wishes? How can the staff help you feel secure? Would you like to be given tasks and guided in how to support your partner, or do you prefer to be left more undisturbed? Would you like frequent updates and information, or only when necessary?

Birth preparation and Support

How have you prepared for this birth? (e.g. "Föda utan rädsla", hypnobirthing, books, pregnancy yoga etc.) In what way can the staff support you with this – what do you want them to guide or remind you about? What role do you want your partner or other support person to have during the birth? How can the staff best assist you in this?

Communication and information

How would you like to be encouraged and communicated with? What type of approach makes you feel safe? (e.g. calm energy, physical touch, praise, or a more direct and firm tone) Do you want a lot of information or prefer to be left more undisturbed? Your thoughts on routines, interventions and consent (e.g. asking staff to explain pros and cons and giving you time to discuss privately before making a decision). Would you like to be offered alternatives?

Birth Room Environment

What atmosphere makes you feel safe? Would you prefer quiet or does small talk create security? How do you want the lighting to be? Do you have any wishes regarding equipment in the room (e.g. birth pool, birth stool, birthing ball)? Have you prepared anything to make the room feel more personal? (e.g. fairy lights, affirmation cards, your own pillow, private clothes, music) Do you need assistance from staff with this? Would you like help with photos/filming if possible??

Pain relief and pain management

What is your attitude toward pain relief? Are there methods you definitely want to try or avoid – both non-medical and medical options? Would you like the possibility of using water/bathing or a water birth? How do you respond to physical touch, e.g. massage or pressure – helpful or distracting? Do you want the staff to actively suggest alternative pain relief methods, or do you prefer to bring it up yourself when ready? Do you have any wishes regarding support and recovery during the breaks between contractions?

Birth and the First Hours Afterwards

Do you have wishes about birthing positions? How do you want to be supported during the pushing stage? Would you like to be offered to feel your baby's head as it crowns? Do you/your partner want to receive the baby? Do you wish to see/keep the placenta? Do you have wishes regarding breastfeeding, bottle feeding, or supplementation? What are your wishes for the first time with your baby? (Read more about "The Golden Hour")

Cesarean birth

Think about what is important for you if a cesarean birth becomes necessary. Except in emergency situations, it is often possible to make the experience more personal. Would you like music during the operation? Do you feel calmer with small talk in the background, or prefer as much silence as possible? Would you like the staff to explain what is happening step by step, or do you prefer not to receive information at that moment? Is it important to you that someone takes photos? Routines can differ between hospitals, for example regarding separation after cesarean birth. At some clinics it is common for mother and baby to be separated for several hours while the mother is in recovery.



DIN GRAVIDCOACH
Tryggt stöd för en trygg förlossning