

My expectations regarding my pregnancy and delivery

- Give a short description of how you see the course of your pregnancy and delivery.



Who will be present during delivery

- Who do you want to be present during your delivery?
E.g. partner, mother, friend, midwife/doctor, student



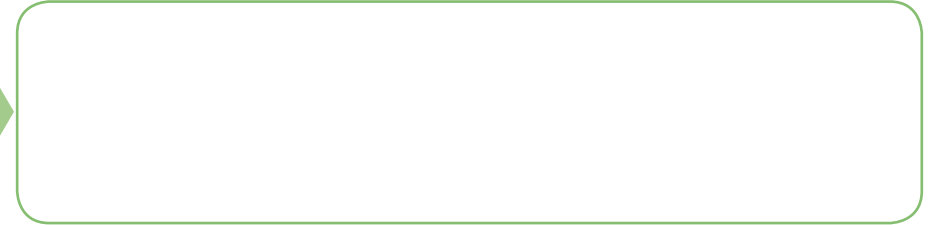
Contractions: relaxation and pain relief

- If applicable, which positions would you prefer to soften your contractions whilst giving birth?
E.g. walking, on the birthing stool, showering, bathing, etc.
- How would you prefer to counter the pain associated with contractions?
E.g. breathing techniques, etc



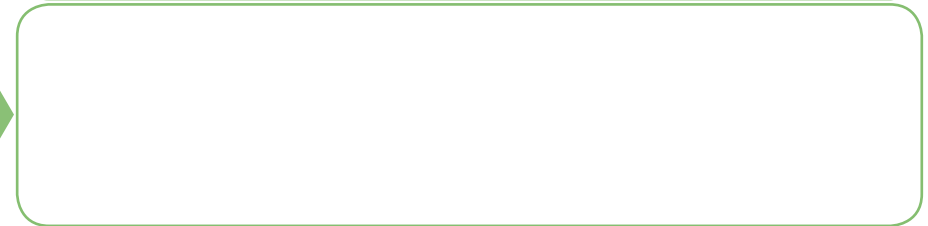
Delivery

- If applicable, where would you like to deliver?
E.g. at home, birth centre or hospital



Special treatments/interventions during delivery?

- Do you have any other wishes or ideas about your delivery, not mentioned above?



Postpartum period

- Do you want to breastfeed or bottle-feed (with formula milk) your child?
- Do you have any other wishes or ideas about your postpartum period?

