

Ideal Birth Exercise for Doulas

By Penny Simkin, with permission

Pretend you're going to have a baby, and it will be your "ideal birth." You get to write the script, thinking about yourself and your baby. Please complete the following sentences:

1. My three top priorities for this birth are:
2. For me, the ideal place to give birth is:
3. I want to be sure the following things are available to me:
4. The ideal birth attendants for me are:
5. I want the following people to be there for my emotional support and well-being:
6. For me, the best approach to pain relief is:
7. The following are also especially important to me: