

## **Items for Consideration: Choosing Your Birth Place**

Women birth best where they feel safest. Do you feel undecided about that decision? Here are some things to consider.

- The birthing environment where I would feel the safest is...
- When I picture myself laboring and birthing at home, I feel...
- When I picture myself laboring and birthing at a birth center, I feel...
- When I picture myself laboring and birthing at the hospital, I feel...
- When I was a child, I felt that hospitals were...
- Have I been in the hospital before? What was my experience?
- I believe that the person responsible for a birthing woman, regardless of the birth place is...
- The advantage of birthing in a hospital is...
- The disadvantage of birthing in a hospital is...
- Are there any obstacles to making this safe birth place a reality?
- Do I need to grieve the fact that circumstances prevent me from birthing in the place I would prefer?
- If there were three qualities the people on my birth team would need to have in order for me to have a beautiful birth they would be 1)... 2)... 3)...
- When I give birth, I would like to have the following people with me...