



# Birth Collaboration with Spinning Babies®

A conversation to your Birth Team

## Introducing Us!

My/our name(s) \_\_\_\_\_ I/We will have \_\_\_\_\_ relationship) with me.

I/We chose \_\_\_\_\_ (this birth setting), because I/we \_\_\_\_\_.

We want you to know this about us \_\_\_\_\_.

Crucial information about health and safety: \_\_\_\_\_.

Drug and other sensitivities are: \_\_\_\_\_.

## About Spinning Babies®

I've prepared to use Spinning Babies®, a parent-centered, collaborative approach choosing "physiology first." Please support me to try a variety of unique techniques and birth positions at each phase, especially for fear, pain or length of time in labor. Instructions for the techniques as well as this form and the Spinning Babies® Labor Checklist at [www.SpinningBabies.com/Your-Pregnancy](http://www.SpinningBabies.com/Your-Pregnancy)

## Spinning Babies® recommended techniques and birth positions

Rebozo Manteada (Sifting)  Shake the Apples/jiggle hips and buttocks

Forward-leaning Inversion (FLI)  Shake the Apples while doing a FLI  Side-lying Release, both sides

Where's baby? When high, do 10 Abdominal Lift and Tucks. If on an epidural, consider 3 contractions with Walcher's or a similar brim opener. When deeply engaged, STA and FLI. When low, lunge; or push w/ knees together and heels far apart.

## Comfort measures

Any or all the Spinning Babies® listed above  Eat and drink as desired  Dim room  Music

I will or want to have a doula present  Labor Tub  Water birth  Move freely

Push only with urge  Use upright and all-fours positions during pushing  Lay on my side during pushing

You'll see me using Hypnobabies® or Hypnobirthing®

Please use words that are soft spoken  happy  factual  friendly  professional

I'm considering these pain relief options: non-medicated comfort measures  intradermal water shots   
gas  narcotics  other shot or IV med such as \_\_\_\_\_ epidural  other pain medications

## In case of surgical birth

The support people I'd like present are: \_\_\_\_\_.

### Greeting Baby in the OR:

I would like to hold baby skin-to-skin in the operating room  in the recovery room

I would like to see baby before cord is cut  touch baby  sing to baby  breastfeed baby

## Immediate postpartum

My preferences to wait for cord clamping are: \_\_\_\_\_.

Skin-to-skin immediately: \_\_\_\_\_ Waiver signed not to separate for COVID-19? \_\_\_\_\_.

Please provide comfort measures and the following needs about medication or concerns \_\_\_\_\_.