

Your Birth Vibes Profile

NOW IT'S YOUR TURN. ON THE FOLLOWING PAGES, YOU'LL FIND your own Birth Vibes Profile to fill out and bring with you to the hospital to share with your nurse. This is the document that consolidates all the things you've learned about yourself into an easy-to-read format. It will serve as a cheat sheet for your team to get to know who you are and what you need.

What do you need your health-care team to know when it comes to each of the seven vibes we've just discussed? This is the time to get very honest with yourself. If any of the answers feel unclear, you might want to try inviting a trusted buddy to help. So often, our loved ones can see what we need more than we might see it ourselves.

A printable version of this profile can be found on the Grand Central Publishing website at www.hachettebookgroup.com/titles/jen-hamilton/birth-vibes/9781538771471/.



Birth Vibes Profile

Hi, new friend! Thank you so much for taking care of me today. Instead of this being a superspecific birth *plan*, here you'll find information about what matters most to me, what makes me feel safe, and how you can best advocate for me while we're together. I know birth doesn't always follow a script, so this isn't about deciding every detail ahead of time. It's just a way of letting you know who I am, so that no matter what happens, you can help me feel heard, supported, and cared for.

Name: _____

You can call me: _____

Pronouns: _____

Communication

The communication style that I learn best from is _____

You can help me understand situations that might occur during birth by _____

In an emergency please help me feel safe by _____

Support People

Names/relationships of people who will be joining me:

_____ is my code word if I feel overwhelmed by my support people and need you to redirect their energy.

_____ is my code word if I need a support person to leave the room.

(If applicable) Please do not permit _____ in my room.

Environment

Please help the room feel _____
_____ today.

Compassion

These things help me feel comforted: _____

These things trigger me: _____

Here is some additional information that it might be helpful for you to know: _____

Closure

Thank you for explaining everything to me during our time together. If things move too quickly for full discussion, please share what you can in the moment, prioritize our safety, and debrief with me afterward so I understand what happened. Even if things go exactly as they should, a debriefing will still help me fully understand my birth.

Adaptability

These are the interventions that I would like to avoid or accept in an ideal scenario. If new information about my or my baby's condition arises that conflicts with these preferences,

I have explained why these things are important so you can help protect and advocate for me even if plans change.

Interventions I'd like to avoid and why

1. _____
2. _____
3. _____

Interventions I'm interested in and why

1. _____
2. _____
3. _____

I understand that things may come up that require me to pivot. These are the core values I'd like to protect if things go differently than I hoped.
