

**14. After your baby is born, your placenta will be expelled (this is known as the third stage of labour). There are two ways this can happen...**

- ☐ I would like to have a natural (physiological) third stage, the cord is left intact and I push the placenta out myself
- ☐ I would like to have an active third stage, where the cord is cut after a few minutes and I receive an injection of oxytocin, the midwife/doctor delivers my placenta
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more
- ☐ I/my birth partner would like to cut the umbilical cord
- ☐ I prefer the midwife/doctor to cut the umbilical cord

Your midwife or doctor may recommend an active third stage due to your personal circumstance and will discuss this with you at the time of birth.

**My thoughts, feelings and questions:**

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**15. Skin-to-skin contact with your baby immediately after birth is recommended for all...**

- ☐ I understand why skin-to-skin contact is recommended
- ☐ I would like immediate skin-to-skin contact
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

As long as you and your baby are both well, skin-to-skin can be done following any type of birth. Your partner can also have skin-to-skin contact with your baby.

**My thoughts, feelings and questions:**

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