

Labour, Birth, & Postpartum Promise Poster

We promise to:

1. Regularly **review** your
 - Labour, Birth and Postpartum Plan
 - Teaching Learning Planduring your hospital stay, to ensure we understand and meet, whenever possible, your expectations for care.
2. **Provide you with care that is based on the best available evidence** which includes for example, only using continuous electronic fetal monitoring when necessary and being physically present as much as possible while you are in active labour.
3. Offer you a variety of **physical comfort measures**, during your labour, such as positioning, use of the birthing ball and birthing stool, massage, water therapy (shower, Jacuzzi), music therapy, guided imagery and/or medical therapy (narcotics and/or epidurals).
4. Provide **emotional support** through physical presence and words of affirmation, reassurance, encouragement and praise.
5. Provide **informational support** throughout your labour, birth and postpartum experience ensuring you are involved in the decisions related to your plan of care.
6. Use your **Teaching Learning Plan** to provide you with the guidance and support you have requested in caring for yourself and your baby and prepare you for discharge.
7. **Support your decisions** (pain management options, choice for feeding baby) by communicating your wishes to others and asking that others respect them.
8. **Involve you and your family**, every step of the way, with your exciting, challenging yet memorable experience.

If we are not meeting our promise to you, if your expectations for your care differ from these promises, or if there is anything else we can do please let us know.

Our sincere goal is to make your birthing experience rewarding and memorable.