

Healthy Baby  
Healthy Mama  
Healthy Family

IV

Continuous Fetal  
Monitoring

Freedom of  
Movement

Frequent Cervical  
Exams

Access to Tub/  
Shower

**Cesarean**

**Birth Center or Home  
Birth**

**Preferred Care  
Provider**

**No Epidural**

**Narcotic Pain  
Medication**

**No Separation from  
Baby**

**AROM**

**Induction**

**Pitocin**

**Instrument Assisted  
Extraction**

**Purple Pushing**

**Episiotomy**

**No IV**

**Restricted Movement**

**No Access to Bath or  
Shower**

**Intermittent Fetal  
Monitoring**

**Minimal Cervical  
Exams**

**Hospital**

**Vaginal Delivery**

**Epidural**

**Unknown or Disliked  
Care Provider**

**Separation from  
Baby**

**No Narcotic Pain  
Medication**

**Spontaneous Labor**

**SROM**

**No Forceps or  
Vacuum Extraction**

**No Pitocin**

**No Episiotomy**

**Self Directed Pushing**

# Instructions for Priorities Game

This game was designed by a North Carolina doula named Jo Garrett to help families learn about common procedures & choices they have in birth.

1. Print pages 1-3 on card stock. To keep printing confusion down you will need to then print the opposite side one at a time with the correct corresponding opposite response, example: Birth Center or Home Birth will have Hospital in box on the opposing side. [Print pages 1 with 4 on the other side, 2+5, 3+6 go together]. Feel free to laminate them once they are cut out.
2. Hand each couple a complete set of cards. Talk to them about how important it is to know their priorities before working on their birth plan.
3. Explain that each card has two sides. These are options. There is one card that only has one side. Have them find it and tell you why it doesn't have another side.
4. Ask them to lay the cards out in front of them with their preferences for their birth facing up.  
"How do you feel about this birth?"
5. Ask them to choose one card and flip it over. Ask again, "How do you feel about this birth?"
6. Ask them to choose 4 other cards and flip them over. Ask,  
"How do you feel about this birth?"  
"What are some things you could do now to help prevent these things from happening or to make sure you have the support to handle these things if they do come up?"  
Common answers – nutrition, exercise, taking classes, hiring a DOULA! (Bring up doula if they don't).
7. Ask them to choose 4 more cards and turn them over.  
"How do you feel about this birth?" -not great  
"What if all of these interventions were necessary and you had the support to make informed choices about them?"
8. Ask them to choose 4 more cards (this hurts). They should have 5 cards remaining that were not turned over.  
"How do you feel about this birth?"-terrible, i hate it, etc.  
"What if YOU were still in charge of your birth even if this is what it looked like, were respected and well-supported, and all of these things were necessary?"
9. "You can now see with the cards that are still face up what your absolute priorities are. Following through with these things that they can do NOW and put into place to make their birth the best it can be. These are things you should work into your birth plan when we work on it later today.  
Ways to achieve them? Have supportive care provider, good nutrition and exercise, hire a doula/find supportive extra hands.

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