Birth and Labor Photos, Videos, and Audio Recordings

Guidelines

- Discuss your photography/videotaping plans with your health care providers. Write your preferences into your birth plan and be sure to discuss them with the many providers (doctors, nurses, anesthesiologists and others) involved in caring for you and your baby.

- Keep your plans flexible. The unexpected can happen during labor and birth and/or in the care of your newborn baby. This may require that you change your plans.

- Consider having an additional support person just to run the camera. Family members sometimes get so involved in filming that they miss the main event!

- Be sure to ask staff for permission before taking photos or filming videos. All staff have the right to refuse or set limits without explanation.

- Lightweight, hand-held, battery-operated equipment works best. For safety and comfort reasons, avoid using bulky cameras, lights, and tripods. Bright lights often bother newborn babies.
Questions?

Your questions are important. If you have questions about yourself, call your obstetric provider during office hours. Clinics are closed 5 p.m. to 8 a.m. and on weekends.

When your provider’s office is closed, call:

Labor and Delivery: 206-598-4616

- Photography and videotaping are not allowed during:
  - Cesarean births.
  - Vaginal births where forceps are used or vacuum assistance is needed.
  - The initial care of sick or premature infants.
  - Most tests and procedures.
- Filming of the actual birth may not be allowed if complications arise.
- We reserve the right to limit or stop photography/videotaping at any time the nursing or medical staff thinks it will interfere with safe care. If you are asked to stop taking pictures or filming, it is OK to ask if and when you may start again.
- Please share this handout with your “film crew.” Don’t forget to charge your batteries and bring all of your film gear, including extra film.