



BIRTH PLAN

EXPECTANT MOTHER INFORMATION

I have considered my options for my labor and birth. I have checked the options that I prefer. I recognize that situations may arise that may necessitate a change in these options. Please discuss these considerations with my partner and me so we may make informed decisions. Thank you for taking the time to consider our requests; we truly appreciate your assistance in making this a memorable experience.

Name : _____

Care Provider : _____ **Due Date** : ____/____/____

Cell Phone : _____ **Partner's Phone** : _____

Location of Birth : _____

My delivery is planned as: : Vaginal C-section Water Birth VBAC

MY LABOR SUPPORT TEAM

Partner : _____ **Doula** : _____

Other Support : _____ **Relationship** : _____

Other Support : _____ **Relationship** : _____

Other Support : _____ **Relationship** : _____

DURING LABOR - I WOULD LIKE...

- Music or sound playing
- The lights dimmed
- The room as quiet as possible
- As few vaginal exams as possible
- As few interruptions as possible
- To eat and drink
- My partner to be present the entire time
- Intermittent fetal monitoring
- Use any and all positions during labor
- Massage and touch for comfort
- I would like to utilize the shower / tub
- I would like my water to break on its own

PAIN MANAGEMENT - I PLAN TO...

- Labor and give birth with little to no intervention, so please do not offer pain medication. I will let you know if I change my mind.
- Epidural anesthesia
- Narcotic pain medication given into my IV if safe for me and my baby.
- To make these decisions as I progress through labor, keeping all options open.

BIRTH PLAN

PUSHING & BIRTH PREFERENCES

- I prefer to "labor down," pushing spontaneously only when the urge is present.
- I want to avoid an episiotomy; I understand that a "natural episiotomy" (tear) may occur.
- I plan to use a variety of positions for pushing, such as semi-sitting, squatting, legs supported, hands and knees, sheet pull, and/or dangle. Please do not require me to lie flat on my back for pushing.
- Perineal massage and/or warm packs to the perineum to aid in stretching.
- My husband/partner would like to cut the umbilical cord; please wait for at least 2 minutes or until it has stopped pulsating.

IMMEDIATELY AFTER BIRTH

- I would like to have the baby placed on my abdomen, skin-to-skin, immediately after birth.
- I do not plan to have any newborn medications given to my baby.
- I plan to breastfeed as soon as possible after birth: baby-led breastfeeding.
- I plan to have my baby given the medications I have checked below. Please do not give them prior to one to two hours after birth (check only the ones you want given).
- I plan to bottle feed my baby.
- Vitamin K Erythromycin Hepatitis B Vaccine
- I would like the baby to remain with me/us and newborn care to be done in my room.

CIRCUMCISION

- I do not plan to have my baby circumcised.
- I plan to have my baby circumcised after discharge from the hospital.
- I plan to have the circumcision done in the hospital prior to discharge with pain relief for the baby.

CESAREAN BIRTH

- I prefer to have my partner and my doula present for the cesarean.
- If it is necessary for my baby to go to the nursery, I prefer my partner go with the baby, and my doula remain with me.
- I prefer to be awake for the cesarean. I would like to see and hold my baby (if possible) in the delivery room.
- I prefer to have my baby in the recovery room with me.

OTHER PREFERENCES



PACIFIERS + PEACHES



HOSPITAL BAG CHECKLIST

THE BASICS: WHAT YOU SHOULD BRING WITH YOU

- ID and insurance cards
- Your birth plan
- Toiletries for both mom and dad, including toothbrushes and toothpaste, and deodorant
- Coming home outfit(s) for Baby, including hats
- Coming home clothes for mom
- A change of clothes for dad
- Glasses/contacts
- Phone charger
- Nursing bras and pads
- Hair ties or a headband if your hair is on the shorter side or if you have bangs
- Car seat and base

TOP PICKS THAT OFTEN GET FORGOTTEN OR OVERLOOKED:

- Snacks for mom and dad (Lots of them!)
- Chapstick
- Lotion
- Nonslip socks/slippers
- A nursing pillow such as Boppy

EXTRAS TO CONSIDER:

- Adult diapers
- Headphones and/or earplugs and an eye mask
- Your own pillows and blankets
- A robe or unique labor and delivery gown
- Large capacity water bottle
- A book, or laptop to watch movies, etc. during your stay for observation
- Acetaminophen