



BIRTH PLAN MINI GUIDE

Dear Expecting Parents,

We are proud to provide you with a mini guide on how to write a clear and concise birth plan at no cost! In providing this, we hope to assist parents who may not be able to afford a birth plan writer, the knowledge and ability to feel more at ease during the child labor process.

This guide is not to be mistaken as legal or medical advice. Rather, it is merely assisting expecting parents with outlining their wishes and desires in a clear and concise manner. In doing so, Primary Care Providers will be aware of the set expectations in the hospital and birth center settings.

Expecting parents should exercise their due diligence and have conversations with their primary care providers and their team so they are aware of what options they have when it comes to childbirth. While a childbirth event can change plans, expecting parents should have alternative options and choices planned ahead of time so their birth story will be a memorable one.

If there are any questions, Leto's Maternity Isle is here to offer consulting services that come from a birth worker's perspective.

Very Sincerely,

Kirstie Daza

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BIRTH PLAN WRITING GUIDE

A birth plan should be clear, concise and allow for any changes or last minute decisions that may occur during childbirth. It is important for expecting parents to have a conversation prior to writing a birth plan as there may be varying perspectives surrounding childbirth, postpartum care and newborn care. Your birth plan should be finalized by the third trimester so there will be more time to enjoy the excitement of waiting to meet your baby.

When writing your birth plan, there should be declarations of things you will or will not allow. Expecting parents should avoid using “may I” or “I would like” as it is passive and allows medical providers wiggle room to enforce their will. In addition to this, expecting parents should feel comfortable asking their medical team questions prior to making big decisions.

Declarative statements that are strong are ones such as, “I reserve my right to have my amniotic sac rupture naturally.” Another example of this is: “I reserve my right to allow delayed cord clamping so my baby gets the necessary blood back into his/her body.”

Birth plans can be placed in plain sight where there are boards of communication between the medical team and the expecting parent who is admitted as a patient in the hospital or birth center setting. If the expecting mother’s partner needs clarity from the medical team, they should feel comfortable asking. However, in the event expecting parents may feel hostility or things are moving too quickly where they do not have a say, there are ways to stand in their power and take corrective action.

The birth plan should have clear boundaries set and expecting parents should be able to read from their birth plan in the event things are not going as planned. Something as simple as, “I reserve my right to change doctors or nurses who make me feel coerced or pressured into something I do not agree with.”

We hope this mini writing guide and our birth plan checklist helps!



CHILDBIRTH CHECKLIST

<input type="checkbox"/>	Who will make choices in the event the laboring mother cannot? (Example: spouse/family member)
<input type="checkbox"/>	Do wish to be able to move freely around the room? (Example: squatting, kneeling, birth ball use.)
<input type="checkbox"/>	Do you wish to use any medical devices during labor? (Example: fetal heart monitoring, IV use, etc.)
<input type="checkbox"/>	Do you wish to have any use of pain medication during labor? (Example: epidural or nitrous oxide)
<input type="checkbox"/>	Do you wish to have a medical profession speed up the labor process? (Example: pitocin, break water bag, etc.)
<input type="checkbox"/>	Do you wish to receive medical assistance during childbirth? (Example: vacuum use, episiotomy, etc.)
<input type="checkbox"/>	Do you wish to hold your baby after he/she is born?
<input type="checkbox"/>	Do you wish to delay all medical procedures until you and your partner bond with your baby?
<input type="checkbox"/>	Are there any medical procedures you wish to delay or postpone following birth?
<input type="checkbox"/>	Are there any specialists you wish to meet with immediately following birth? (Example: Lactation Consultant, Postpartum Doula, Night Doula, etc.)
<input type="checkbox"/>	Do you wish to keep your baby with you at all times and within your sight during testing or any medical procedures?