



Birth Plan

Mother/Father's Names:

Doctor/Midwife:

Birth Experience Goals

DURING LABOR

- Dim lighting or natural lighting
- Calming music
- No interruptions or extra staff
- Photographed/Filmed by:

- Ability to labor any position of choosing
- Food and drink as approved by doctor
- Freedom of movement (walk/shower)
- Allow partner to coach contractions

PAIN MANAGEMENT

- Breathing exercises
- Counter pressure
- Hot/Cold therapy
- Long shower or bath
- Yoga ball
- Epidural Yes or No

DURING BIRTH

- Delivery as planned-
- Vaginal
- C-Section
- VBAC
- Labor positions - (squatting) (side lying)
- (hands and knees) preferences
- Avoid use of vacuum/forceps
- Prefer to tear (no episiotomy)
- Pain relief - epidural or natural
- Delayed cord clamping/Partner to cut

IN CASE OF C SECTION

I would like to avoid having a C Section. If MEDICALLY necessary, I want to be informed about why the procedure is being done

- Gentle C-Section practices
- Avoid sedation if possible
- No drape OR clear curtain is acceptable
- Immediate skin to skin with baby
- Partner present and will hold baby if mom is unable

AFTER BIRTH

- Mom will immediately hold baby skin to skin
- If mom is unable, partner will hold the baby
- If baby is breathing ...delay all newborn checks
- Do not bath or wipe vernex off baby
- No/Yes eye ointment
- No/Yes vitamin K shot
- No/Yes Hep B shot
- Golden hour without interruptions

NOTES

- Mom plans to breastfeed/pump
 - Formula Yes or No
 - Circumcision Yes or No (for Boys)
 - Baby will be staying with Mom or Partner at all times
 - Would prefer to be discharged ASAP
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