

What Every Black Mother Should Have in Her Birth Plan.....

- Who should be in the room?
- The type of birth you're planning (i.e. vaginal, C-section), plus what you would like to do in the event you need a C-section or another intervention.
- Do you want to eat or drink during active labor? (Is this permitted according to hospital policy?)
- Would you like to be out of bed (walking around or sitting up) during labor?

- Would you like any equipment such as exercise ball, birthing tub, or in-room shower?
- Specific birthing position you would like health care staff to support in.
- What type of pain management would you like offered?
- When should the umbilical cord be cut? Have you considered cord blood banking?

- Where should the baby be placed immediately after birth?
- Are there any special requests you have around suctioning the baby?
- Do you have any plans regarding immediate breastfeeding and whether you would like a lactation consultant present.

- How will you make sure you survive and go home with your new child?
- How will you advocate for yourself with your medical team?
- How will you prevent yourself from becoming another Black maternal mortality statistic?
- Would you like to postpone weighing your baby and/or administering eye drops until after you and your baby greet each other?

