



Kindred Cradle has prepared a birth plan template for your use. Please feel free to add any additional details as needed. It is strongly recommended to review your birth plan with your healthcare provider as often as necessary. Having your birth plan approved by your provider ensures that you consider medical advice while honoring your own preferences.

We highly encourage you to bring several copies of your provider-approved birth plan with you to the hospital or birthing center. This ensures the plan is readily available for both your delivery and post-birth care teams.

Disclaimer: Kindred Cradle is not a medical professional and does not provide medical insight. Please consult with your healthcare provider.

BIRTH PLAN FOR

LABOR PREFERENCES

Environment

- ☐ Dim lighting
- ☐ Soft music
- ☐ Limited visitors
- ☐ Affirmations (hand-outs, posters)

Pain Relief

- ☐ Epidural
- ☐ Natural methods (breathing exercises, positions, massage)
- ☐ Other medications

Hydration and Nutrition

- ☐ IV fluids if necessary
- ☐ Snacking as allowed

Monitoring Baby

- ☐ Continuous fetal monitoring
- ☐ Intermittent monitoring

Movement During Labor

- ☐ Freedom to walk
- ☐ Use of birthing ball or chair
- ☐ Equipment such as exercise ball, birthing tub, in room shower

Induction if Needed

Yes/No | Preferences of method

DELIVERY PREFERENCES

Where should baby be placed immediately after birth?

When/Who would like the umbilical cord cut ?

Feeding

- ☐ Breastfeeding
- ☐ Bottle feeding
- ☐ Combination
- ☐ Lactation Consultant

Postpone weighing baby and/or administering eye drops (do you want your baby to be administered eye drops?) until after you and your baby greet each other?

Yes/No

Placenta Encapsulation

Yes/No

Baby's First Bath

- ☐ In-room
- ☐ Nurse-assisted



KINDRED CRADLE

BIRTH PLAN FOR

VISITORS

Yes/No | Visitors list

EMERGENCY CONTACTS

- Name: _____
- Relationship: _____
- Phone Number (Mobile): _____

- Name: _____
- Relationship: _____
- Phone Number (Mobile): _____



Spiritual Practices: For example, in some African cultures, childbirth involves spiritual rituals and offerings to ancestors. Cultural Support Person: Some cultures include support from family or community members who might prepare special foods, perform traditional massages, or lead cultural ceremonies.

[illegible]

[illegible]