

Baby Bump and Beyond Birth Plan

As you look forward to your baby's birth, it will be most helpful to develop a "vision" for your ideal labor and delivery experience. This is not a set-in-stone plan, but a way to examine your feelings and consider all opportunities and your individual priorities.

Name: _____ Partner's Name: _____

Due date: _____ Hospital/Health care provider: _____

Age: _____ Previous birth experience: _____

Other labor support people/visitors: _____

Briefly describe your pregnancy: _____

Any health concerns, such as hypertension, gestational diabetes, group B strep, etc. _____

What are your plans for pain relief?

- _____ non-medicated, using relaxation and breathing techniques, massage, birthing ball, water aids
- _____ use of some pain medication, including nitrous oxide, on demand
- _____ epidural
- _____ unsure at this time

What have you been told about baby's size and position? _____

What relaxation and stress relief tools do you currently find most effective? _____

What positions for relaxation and/or discomfort currently feel best? _____

- My top 3 priorities for my birth are:
1. Healthy baby and mom
 2. _____
 3. _____

Possible special requests to enhance the birth experience: cultural _____

- _____ skin to skin
- _____ delayed cord clamping
- _____ placental encapsulation
- _____ breastfeeding
- _____ delayed Vit K, eye antibiotics
- _____ cord cutting/catching the baby

Baby Bump and Beyond Birth Plan Additional Topics

It will be helpful to explore some additional important topics so that you feel fully informed and empowered. These should also be discussed with your healthcare provider and other avenues of support

_____ induction

_____ episiotomy

_____ c-section

_____ at what point in your labor should we re-evaluate pain mgmt. options

_____ seeding

_____ when to report your labor and/or go to the hospital

_____ when to call your Doula

_____ what to bring to the hospital

_____ how long will you be in the hospital, including newborn screening test

_____ NICU

_____ postpartum support, including sibling(s), pet(s), especially for an extended stay

_____ maternity leave

_____ my letter to you

_____ anything else you would like to know more about before the baby comes

_____ B.R.A.I.N.