**Hill Family Birth Plan**

We look forward to sharing our upcoming birth at North Austin Medical Center. We have created the following birth plan to help you understand our preferences for Jill’s upcoming labor and delivery.

Our goal is to have a natural, unmedicated birth. We plan to have a Birth Doula, Darlene MacAuley, present at our birth. We would like labor and delivery to progress as naturally as possible as long as there are no health problems for mother and baby, and we respectfully request the following of the medical staff during labor:

Labor and Birth

* Freedom of movement during labor and pushing (walking, showering, squatting), including freedom to try different pushing positions as needed.
* To be free of time limits on pushing
* Intermittent external fetal monitoring
* Minimal vaginal exams
* Nourishment/hydration as Jill desires
* Heparin Lock instead of an IV
* To avoid episiotomy and allow natural tearing if possible
* Please offer encouragement rather than medication. Jill will ask for if needed.
* Use of a mirror during birth.
* Jack to cut the cord after a few minutes have passed. Please do not clamp the cord immediately. (We do not require that is completely stop pulsating)
* I would like to deliver the placenta unassisted, without Pitocin, uterine massage or cord traction.

After the birth:

* Breastfeeding/bonding immediately after birth
* Delay of routine newborn procedures
* Jack or Jill to give baby first bath
* Jill or Jack to be with baby at all times after birth
* Rooming in for baby
* No supplemental formula, glucose or pacifiers. We are breastfeeding the baby exclusively.
* We have decided NOT to circumcise our son.

If a C-section is absolutely medically necessary, we would prefer:

* Jack and Darlene to be present at all times
* IV on exterior arm so Jill can hold baby after delivered
* To bond with baby immediately
* All considerations taken for vaginal birth at subsequent births (i.e. bikini incision)

We realize that events may arise that necessitate medical intervention. In such case, our full cooperation will be given after an informed discussion of all risks and benefits has taken place with the doctor.

Physician/Midwife Signature and Date:

Mother’s Signature and Date: