



# Your Birth Plan

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Support Person/s: \_\_\_\_\_

My Pediatrician will be: \_\_\_\_\_

A birth plan is a document that lets the medical team know your preferences about your labor and delivery for things like pain control. Keep in mind you cannot control every aspect of Labor and Delivery and you will need to stay flexible in case something comes up that requires your birth team to depart from your plan, but a printed document gives you a place to make your wishes clear.

## Labor

- I'd like to be offered an epidural or other pain medication as soon as possible.
- Please don't offer me any pain medication. I plan to use natural pain relief techniques.
- I'd like to be allowed to push when and how I feel I should.
- I'd like to be coached on when to push and for how long.
- I'd like to view my baby's birth using a mirror.
- I'd like to touch my baby's head as it crowns.
- If I have a C-section, I'd like to have the viewing drape so I can view the birth.
- I'd like to move around freely during labor.
- I'd like intermittent or wireless fetal monitoring.
- I'd prefer to let my water break naturally.
- I'd like to use labor props, such as:
  - \_ Birthing Ball
  - \_ Hydrotherapy
  - \_ Squat Bar
  - \_ Aromatherapy

## After Delivery

- I'd like to hold my baby skin-to-skin immediately after delivery.
- I'd like my baby to be dried off before being brought to me.
- I'd like to delay clamping and cutting the umbilical cord.
- I'd like my partner or attendant to cut the umbilical cord.
- I'd like to incorporate the following practices for my baby after delivery:
  - \_ Baby stays on moms chest for two hours
  - \_ No bath for baby for the first 8 hours of life
  - \_ Mom and baby will stay together at all times unless medically indicated
- I'd like all procedures done and all medications given to my baby to be explained to me beforehand.
- If my baby has to be taken from me for medical treatment, I'd like my partner or attendant to go along.
- I plan to exclusively breastfeed my baby while in the hospital.
- I'd like to meet with a lactation consultant for breastfeeding guidance.
- I plan to feed my baby formula.
- I'd like to be consulted before my baby is offered a bottle or a pacifier.