



Birth plan

Giving birth to your child will be one of the most memorable and cherished days of your life.

Creating a birth plan is one way families can prepare for their child's birth and communicate their vision for baby's arrival with their health care provider.

Realize that birth is unpredictable and birth plans are meant to be guidelines. Most important, think about how you would like to welcome your baby into your family. It is important for you to be informed and plan ahead for some of the decisions you will be making. Your provider wants to know what is important to you so be sure to review your plan with him or her.

What is your name?: _____

E-mail address?: _____

What is your support person's name and relationship to you?:

When is your due date?: ____/____/____

Name of your health care provider?: _____

Place of birth?: _____

Important people I would like at my birth:

First Stage

Care requests are dependent on stage of labor or well being of mom and/or baby:

Environment:

I prefer my room to include the following:

- Dim lights
- Peace and quiet
- My own playlist of music
- Wear my own clothes
- Other (Please specify):

I plan to work with my labor by:

Mobility:

- Maintain mobility (walking, rocking, up to bathroom, etc.)
- Mobility not important.

Monitoring:

- Monitoring as needed
- Continuous monitoring
- No preference

Labor Progress:

- I prefer to try natural methods to stimulate labor (nipple stimulation, walking, etc) before using medication

Comfort Measures

(Check as many as you prefer):

Non-Medicinal

- Walking
- Relaxation
- Positioning
- Water (Shower or tub)
- Heat or cold therapy
- Massage/acupressure (assisted by support person)
- Birthing ball

Medication

- Nitrous Oxide
- Nubain
- Epidural

Pain Relief Offers:

- I am aware of pain medication options; I prefer not to be offered pain medication under any circumstances
- I will ask for pain medication if needed
- Offer as soon as possible

Second Stage

Pushing:

- Choice of positions (Certain positions are better for encouraging a baby to come down.)
- Spontaneous bearing down (Listening to your body and pushing.)
- Directed pushing (Being told to push at certain times.)
- Squat/birth bar if available (This goes across the top of the bed, allowing you to lean on the bar as opposed to relying on people or foot pedals or stirrups.)

Baby Care

Cord Cutting:

- Support person to cut cord
- Support person to NOT cut cord

Mother/Infant:

- Plan for my support person to stay with me throughout my hospital stay

Feeding Baby:

- Breast feeding
- Formula feeding

Circumcision:

- No
- Yes

Other Baby Care Requests:

- Determine who will wear 2nd ID band (typically mom wears one band and support person wears 2nd band)
- Any special cultural, religious or other special requests to welcome your baby into the world
- Other (please specify)

Complications & Cesarean Birth

- Support person present
- Pictures
- Screen lowered to view birth
- Breastfeeding as soon as possible
- Other (please specify):

NICU Infant

(In most Newborn Intensive Care units parents are given unlimited visitation)

- Breastfeeding or pumping as soon as possible
- Handling the baby as soon as possible (holding, care of, etc.)
- If baby is transported to another facility, discharge mom from birth facility when stable
- Other (please specify)

Remember that your birth plan is a communication tool to indicate your desires for a positive birth experience. Keep in mind that you have the right to change your options as labor progresses. Think about how you prefer your loved ones and support persons to work with you during the birth. While some of us like a great deal of soothing, verbal praise and support, others prefer quiet and nonverbal support. You may not know which you prefer till you are actually in labor. Think of ways you may want to communicate your wishes to your labor support team.

Additional Comments:

Take your completed birth plan to your next doctor's appointment so you can review it together before your hospital stay.