My Birth Plan

NAME _____

DUE DATE _____

HOSPITAL OR BIRTH CENTER _____

DOCTOR OR MIDWIFE _____

SUPPORT PEOPLE AND ROOM

- [ ] My partner or support person stays with me
- [ ] A doula will be with me
- [ ] Dim lights when possible
- [ ] My own music, or quiet
- [ ] Few interruptions during labor
- [ ] Limit visitors during labor
- [ ] Photos or video, where allowed
- [ ]
- [ ]

DURING LABOR

- [ ] Move and walk around freely
- [ ] Light snacks or drinks, if allowed
- [ ] Use a birth ball or the shower
- [ ] Wear my own clothes
- [ ] Intermittent monitoring, if possible
- [ ] Ask me before any procedure
- [ ] Explain each step to my partner and me
- [ ]
- [ ]

PAIN RELIEF OPTIONS TO DISCUSS

- [ ] Breathing, massage and position changes
- [ ] Warm water, shower or tub
- [ ] Nitrous oxide, if offered
- [ ] IV pain medicine
- [ ] Epidural
- [ ] Please wait for me to ask for pain relief
- [ ] Undecided, I want to talk it through
- [ ]
- [ ]

BIRTH

- [ ] Choose my own pushing position
- [ ] Push when I feel the urge
- [ ] A mirror to watch the birth
- [ ] Partner cuts the cord
- [ ] Delayed cord clamping, if possible
- [ ] Cord blood banking (arranged in advance)
- [ ]
- [ ]

RIGHT AFTER BIRTH

- [ ] Skin to skin right away
- [ ] Weigh and measure baby after the first cuddle
- [ ] Quiet family time in the first hour
- [ ] Keep the placenta (check the hospital policy)
- [ ] Partner stays with baby if baby needs care
- [ ] Tell me before baby leaves the room
- [ ]
- [ ]

NEWBORN CARE TO DISCUSS

- [ ] Vitamin K shot
- [ ] Eye ointment
- [ ] Hepatitis B vaccine
- [ ] Delay the first bath
- [ ] Circumcision, if it applies
- [ ] Baby stays in my room
- [ ]
- [ ]

FEEDING

- [ ] Breastfeeding
- [ ] Formula feeding
- [ ] Combination feeding
- [ ] Help from a lactation consultant
- [ ] Ask me before giving a pacifier or bottle
- [ ] Undecided, I want to learn more
- [ ]
- [ ]

My Birth Plan (continued)

IF A C-SECTION IS NEEDED

- [ ] My support person stays with me
- [ ] Clear or lowered drape to see baby
- [ ] Explain what is happening as it happens
- [ ] Music in the operating room, if allowed
- [ ] Skin to skin in the operating room, if possible
- [ ] Baby stays with my partner if I cannot hold
- [ ] Breastfeed in recovery when possible
- [ ]
- [ ]

These are my preferences. Plans can change, and I have gone through this with my doctor or midwife.