

My birth plan

Name: _____

Due date: _____

Doctor/midwife: _____

Pediatrician: _____

Partner/support person: _____

Emergency contact: _____

Others in the delivery room: _____

LABOR

I'd like to:

- Move around during labor
- Eat and/or drink during labor
- Limit labor augmentation methods
- Have an epidural and/or other pain medication
- Dim the lights in my room
- Play music or white noise

I'd like to use these labor props:

- Birthing tub
- Birthing ball
- Birthing stool
- Birthing chair
- Squatting bar

DELIVERY

If I have a vaginal birth, I'd like to:

- Use a mirror to see my baby's head
- Touch my baby's head as it crowns
- Have pictures and videos taken

If I have a C-section, I'd like to:

- Watch the birth if possible
- Have my baby placed on my chest immediately
- Have my partner or support person hold my baby if I can't

AFTER DELIVERY

I'd like to:

- Delay clamping and cutting of the umbilical cord
- Have my partner or support person cut the cord
- Have skin-to-skin contact with my baby right away
- Start breastfeeding right away
- Delay some newborn procedures for the first hour
- Have my baby evaluated and bathed in my presence
- Have my partner or support person go along if my baby needs to be taken for medical treatment
- I want to keep my placenta
- I'll be banking my baby's cord blood

BABY CARE

I'd like my baby to:

- Stay in my room
- Go to the nursery sometimes

I plan to:

- Breastfeed exclusively
- Formula-feed exclusively
- Breastfeed and formula-feed
- I'd like to meet with a lactation consultant for help with breastfeeding

It's okay to give my baby:

- A pacifier
- Sugar water
- Formula
- None of the above
- I'd like my baby boy to be circumcised before we leave the hospital