

Birth Plan Worksheet

ATTENDANTS AND AMENITIES

I'd like the following people to be present during labor and/or birth:

- Partner:
- Friend/s:
- Relative/s:
- Doula:
- Children:

I'd also like:

- To bring music
- To dim the lights
- To wear my own clothes during labor and delivery
- To take pictures and/or film during labor and delivery

LABOR

- I'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd like:

- My partner to be allowed to stay with me at all times
- Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)
- To wear my contact lenses, as long as I don't need a c-section
- To eat if I wish to
- To stay hydrated by drinking clear fluids instead of having an IV
- To have a heparin or saline lock
- To walk and move around as I choose

As long as the baby and I are doing fine, I'd like:

- To have intermittent rather than continuous electronic fetal monitoring
- To be allowed to progress free of stringent time limits

If they're available, I'd like to try:

- A birthing stool
- A birthing chair
- A squatting bar
- A birthing pool/tub

I'd like to bring the following equipment with me:

- Birthing stool
- Beanbag chair
- Birthing pool/tub
- Other:

When it's time to push, I'd like to:

- Do so instinctively

- Be coached on when to push and for how long

I'd like to try the following positions for pushing (and birth):

- Semi-reclining
 Side-lying position
 Squatting
 Hands and knees
 Whatever feels right at the time

- As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress free of stringent time limits

PAIN RELIEF

I'd like to try the following pain-management techniques:

- Acupressure
 Bath/shower
 Breathing techniques/distraction
 Hot/cold therapy
 Self-hypnosis
 Massage
 Medication

- Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:

- Regional analgesia (an epidural and/or spinal block)
 Systemic medication

VAGINAL BIRTH

I'd like:

- To view the birth using a mirror
 To touch my baby's head as it crowns
 The room to be as quiet as possible
 To risk a tear rather than have an episiotomy
 My partner to help "catch" our baby

After birth, I'd like:

- To hold my baby right away, putting off any procedures that aren't urgent
 To breastfeed as soon as possible
 To wait until the umbilical cord stops pulsating before it's clamped and cut
 My partner to cut the umbilical cord
 Not to get routine oxytocin (Pitocin) after I deliver the placenta

C-SECTION

If I have a c-section, I'd like:

- My partner present at all times during the operation
 The screen lowered a bit so I can see my baby coming out
 The baby given to my partner as soon as he's dried (as long as he's in good health)

To breastfeed my baby in the recovery room

POSTPARTUM

After delivery, I'd like:

- All newborn procedures to take place in my presence
- My partner to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot provided for my partner

I plan to:

- Breastfeed exclusively
- Combine breastfeeding and formula-feeding
- Formula-feed exclusively

The following can be offered to my baby:

- Formula
- Sugar water
- Pacifier
- Please don't offer anything to my baby at any point

I'd like my baby fed:

- On demand
- On a schedule

I'd like:

- 24-hour rooming-in with my baby
- My baby to room-in with me only when I'm awake
- My baby brought to me for feedings only
- To make my decision later depending on how I'm feeling

If my baby's a boy:

- I'd like him circumcised at the hospital.
- I'll have him circumcised later.
- I don't want him circumcised.

I'd like my other child(ren) brought in to see me and meet the new baby as soon as possible after the birth.

I'm interested in checking out of the hospital early.