

Birth Plan

Mother: Mommy

Father: Daddy

Due Date: April 7, 2014

OB: Dr. Baby

Pediatrician: Dr. Ped

This birth plan is intended to express the preferences and desires we have for the birth of our baby. This is not intended to be a script and we fully realize that situations may arise such that our plan cannot and should not be followed. We hope that barring any extenuating circumstances, you will be able to keep us informed and aware of our options, and discuss with us any procedures or medications before administering them, whenever possible. We greatly appreciate your cooperation in realizing our plan.

Environment:

- My husband will be present at all times
- Keep lights dimmed
- I would like to wear my own clothing
- No excess staff please
- I would like to listen to music of choice

Labor:

- I would like to move around freely
- I would like to use massage, relaxation, breathing techniques, bath/shower, hot/cold therapy, positioning, and prayer for pain relief
- Please do not offer pain medication
- I prefer a saline lock if IV access is required
- I prefer intermittent, external fetal monitoring

Induction/Augmentation:

- As long as baby and mom are healthy, I do not wish to be induced until 2 weeks past my due date
- If augmentation is needed, I prefer trying AROM before Pitocin

Delivery:

- Please, no episiotomy
- I would like to choose position for pushing
- I would like to push instinctively
- If an assisted delivery is necessary, please use vacuum extraction before forceps
- I would like to touch baby's head as it's crowning
- I would like to help pull the baby out and up onto my chest after the head and shoulders are delivered.
- My husband will cut the cord.

Cesarean:

- If a c-section is indicated, I would like my husband present during the procedure
- After the baby is delivered, I would like my husband to remain with the baby

Post-Birth

- I would like to breastfeed immediately after birth
- No pacifiers, no bottles, no supplements please
- Baby will room-in
- Please perform all newborn care and exams in mother's room
- Baby will not receive the Hepatitis B vaccine