

## OUTLINE FOR OUR BIRTH PLAN

Mother's Name

Father's/ Support Person's Name

Baby's Name (if known)

Estimated Due Date or Due Week

Doctor's Name

Doula/Other Support Person's Name

Hospital or Birthplace

- 1) **Heading**-How much knowledge you have, what you have studied. How you wish the labor and birth will be. You understand that situations arise and you want to be apart of making all the decisions during the birth.
- 2) **Environment preferences**- lighting, whom present, music, what to wear, photography.
- 3) **Prepping procedures**- monitoring baby, BP checks, vaginal exams, enema, and shaving.
- 4) **Labor preferences**- Who will be there, never separated from coach, freedoms to move about as you wish, inducing or augmenting labor (natural stimulation, breaking BOW, Pitocin), vaginal exams, IV, be able to urinate on own, pain medication, how to deal with pain, eating and drinking, time limits, be able to follow my body's signals. (refer to Your Birth Plan Options handout)
- 5) **Pushing preferences**- freedom of positions, episiotomy vs. tear (warm compresses, perineal massage, perineal support), birthing tools and equipment (tub, bed, chair, ball, etc.), the ability to feel and or see the baby when coming out, time limits, assistance (forceps, vacuum extractor), be able to follow my body's signals.
- 6) **After birth**- Baby's bonding time, the umbilical cord (who and when to do), placenta (delivery of- no time limits, no pulling on cord), cord blood kept or donated, keep baby with a parent at all times, breastfeeding (immediately, when baby's ready, etc.).
- 7) **Baby's care**- pediatrician's check OK (to wait or not), noises, cleaning baby, eye ointment (wait for awhile), Vitamin K, circumcision, suction, where baby will be, breastfeeding when baby wants or on schedule, preferences on baby being given sugar water, formula, pacifier, etc.
- 8) **Cesarean Section**- anesthesia preference, mirror to see baby, hand to touch baby, breastfeed baby while recovering, 2<sup>nd</sup> opinion to reinforce if a c-section is necessary. Make this the most intense section in your birth plan, making sure to repeat what you want to happen after baby is born.

**Make sure to give a copy to your birth team! 2) Keep a copy in the bag that will go to your birthplace! 3) Go on a birthplace tour! Use your workbook pgs 101& 102.**

**Here are some helpful websites for creating quick and easy Birth Plans Online:**

### **Today birth Plan.com**

(helps you understand more about how a birth plan can help you)

[www.mjbovo.com/BirthPlan.htm](http://www.mjbovo.com/BirthPlan.htm)

### **Parenting.com**

(make an easy online birth plan you can print out ~ not very many birth options)

[www.birthplan.com](http://www.birthplan.com)

### **Childbirth.org**

(My favorite site for the most professional looking birth plan, this site will give you most of the options you want.)

[www.childbirth.org/interactive/ibirthplan.html](http://www.childbirth.org/interactive/ibirthplan.html)