



My Birth Plan

This is a place for you to write down your wishes for your baby's birth. You can fill out this plan with your partner and share it with your provider, your family and other support people. It's best for everyone to know ahead of time what your wishes are. Keep in mind that you might not be able to follow every wish, depending on what is happening with you or the baby.

Labor room - I want:

- Soft lighting
- Music
- Aromatherapy
- Bring from home: _____
- Other _____

Positions - I want to be:

- Lying down
- Sitting
- Standing
- Squatting

Moving around - I want:

- To move as I want, such as walking and changing positions
- Stay in bed, but able to move around
- Other _____

Eating / drinking:

- I would like to have clear fluids, if allowed by my provider (like broth, sprite, water, or ice)
- It would not bother me to have an IV for hydration, if necessary
- Other _____

For support - I want:

- Help with breathing
- Help working through contractions
- Massage
- Help moving around
- Other _____

For pain - I want:

Medical Options

- Analgesic
- Epidural anesthesia
- Nitrous oxide
- Pain medicine offered only when I ask

Non-medical Options

- Relaxation / visualization exercises
- Changing positions or walking
- Massage
- Breathing patterns
- Taking a shower
- Fitness ball
- Hot / cold packs

Monitoring baby:

- Monitor as little as possible, as long as baby is doing well.
- Monitor as much as possible.
- Use a method that lets me move around.
- Fetal monitoring in bed is fine.



If labor needs to speed up:

- Try non-medical options first (walking and using upright labor positions).
- I prefer that my practitioner breaks my bag of waters.
- I prefer that my waters breaks on its own.
- I do not mind having an IV of Pitocin and understand the benefits and risks.
- Prefer to receive an IV of Pitocin only after all other methods are tried, and only if medically necessary.

Baby care - I want to:

- Hold my baby skin to skin right after birth.
- Breastfeed as soon as possible.
- Have _____ cut the umbilical cord.
- Have the cord cut right away.
- Have the cord blood saved.
- Have a Vitamin K shot given to my baby.
- Have erythromycin ointment put in my baby's eyes
- Have routine hospital procedures done, while I hold my baby, if possible.
- Have my baby's hearing tested.
- Keep the baby in my room with me.
- Have the baby to go to the nursery if I ask.

If I have a boy, I want him:

- Circumcised
- Not circumcised

Infant Feeding

- Breastfeeding only.
- Formula feed.
- Have a combination of breastfeeding and formula feeding.
- Please don't offer a pacifier to my baby.

Pushing - I would like to:

- Wait to push until I feel the urge or until my baby descends.
- Use a variety of positions during pushing.
- Have a mirror placed, so I can see the birth happening.
- Push whenever I feel like it.
- Be directed when to push.
- Not use forceps and/or vacuum extraction unless absolutely needed.
- Touch my baby's head as it crowns.

In case of C-Section:

- I would like _____ with me during surgery.
- I prefer music played in the operating room.
- I would like to use a clear drape, so I can see the birth of my baby.
- I would like the surgeon to describe the surgery as he or she goes along.
- I would like video or photos taken.
- I would like my support person to cut the cord.
- I would like to place my baby on my chest skin to skin as soon as possible.
- I would like to breastfeed as soon as possible.

Special wishes:
