

MY PERSONAL BIRTH PLAN

A birth plan is a set of instructions you make about your baby's birth. While much of what happens during delivery is beyond your control, creating a birth plan will make your preferences clear and your labor and delivery more satisfying.

What you choose to do will be different from the mother in the room next to you. That is fine! Remember, this experience is uniquely yours. Review these lists, note your preferences below, and then discuss this plan with your support people and your provider - it's important to make sure everyone is on the same page.

- Arrange for time off from work in advance, if possible

Choose up to three support people:

- 1 _____
- 2 _____
- 3 _____

Also, determine if you want your other children to be present, if pertinent.

Relaxation options:

- Practice controlled breathing
- Get a massage
- Use cool washcloth
- Suck on ice chips
- Dim lights
- Play music
- Use aromatherapy
- Use acupressure
- Other _____
- Other _____
- Other _____

Labor/delivery options:

- Choose/change positions often
- Consume clear liquids or snacks
- Consider pain control options (no pain medication, pain medication, or epidural anesthesia)
- Use whirlpool/shower
- Special considerations about fetal monitoring _____
- View your baby's birth with a mirror
- Touch your baby's head when it is crowning
- Try to avoid a routine episiotomy

- Have support person cut the umbilical cord
- If you need a cesarean, do you have any special requests? _____

- Other _____
- Other _____
- Other _____

Options for after delivery:

- Have immediate skin-to-skin contact with your baby
- Breastfeed as soon as possible after birth
- Photograph or video your baby
- Enjoy unlimited visits with family
- Allow visits from friends (see visitor policy on page 40)
- Work with your nursing team to limit visitors
- Have your baby in your room at all times
- Have your baby in the room most of the time, but in the nursery when you are sleeping
- Have yourself or a support person assist with first bath
- Determine whether you want your baby to use a pacifier or other supplement
- If your baby is a boy, decide on circumcision (yes/no/maybe later)
- Other _____
- Other _____
- Other _____

