

# Birth Plan Worksheet

## from Touro's Family Birthing Center



When creating your plan, be sure to ask yourself the following questions and include any other issues you feel strongly about.

Mother's first and last name: \_\_\_\_\_

Father's \ Partner's first and last name: \_\_\_\_\_

Due Date: \_\_\_\_\_

First and last name of baby's pediatrician: \_\_\_\_\_

Who should be present for the delivery? \_\_\_\_\_

Do you have any preferences for the environment of the room?

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What are your plans for pain relief?

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Do you have any preferences for the delivery process?

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Do you want your partner to cut the umbilical cord?

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Will you breastfeed your baby? \_\_\_\_\_

If your baby is a boy, do you want to have him circumcised? \_\_\_\_\_

If a cesarean section is deemed necessary, do you have any preferences for the procedure?

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Are there any other issues the birthing center staff should know about you or your baby's delivery?

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Remember to discuss your birth plan with both your support person and your physician.