



My Birth Plan

Name: _____ Doctor or midwife: _____

Support person(s): _____

Use this checklist to guide your discussion with your practitioner. Note your preferences and give copies to your caregivers when you arrive at the hospital.

LABOR

- I'd like to walk and move around as I choose.
- I prefer intermittent fetal monitoring.
- If I need an IV, I prefer a saline or heparin lock (a small tube connected to a catheter in a vein that can be capped or uncapped for easy IV access).
- I prefer to let my water break naturally.
- I plan to use natural pain relief techniques (such as breathing techniques, hypnosis, massage, showering, and changing positions). Please don't offer me any pain medication.
- I'll decide whether to use pain medication as my labor progresses.
- I'd like to be offered an epidural or other pain medication as soon as possible.
- I'd like to be allowed to push when and how I feel I should.
- I'd like to be coached on when to push and for how long.
- I'd like to choose the position I deliver in (such as squatting, semi-sitting, lying on my side, or on hands and knees).
- I'd like to view the birth using a mirror.
- I'd like to touch my baby's head as it crowns.

POSTPARTUM

- I'd like to hold my baby skin-to-skin immediately after delivery.
- I'd like my baby to be dried off before being brought to me.
- I'd like to wait until the umbilical cord stops pulsating before it's clamped and cut.
- I'd like my partner or attendant to cut the umbilical cord.
- I plan to donate my baby's cord blood to a public bank.
- I plan to store my baby's cord blood in a private bank.
- I'd like to delay newborn procedures (such as bathing and measuring) for the first hour to give me a chance to feed and bond with my baby.
- I'd like all procedures that are done and medications that are given to my baby to be explained to me before-hand.
- I'd like my baby evaluated and bathed in my presence.
- If my baby must be taken from me to receive medical treatment, I'd like _____ to go with him or her.
- I plan to exclusively breastfeed my baby while in the hospital or birth center.
- I'd like to meet with a lactation consultant to help me learn to breastfeed.
- I plan to feed my baby formula.
- I'd like to be consulted before my baby is offered a bottle or a pacifier.

If my baby's a boy, I do/do not want him to be circumcised at the hospital. I do I do not

