



Our Birth Plan

Personal Information

EMAIL

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FULL NAME

J

Before Labor Begins

- As long as the baby and I are healthy, I would like to go at least 10 to 14 days over my due date before inducing labor.
- As long as the baby and I are healthy, I would like to have no time restrictions on the length of my pregnancy.
- I would like to discuss laboring at home as long as possible.
- If I go past my due date and the baby and I are fine, I prefer to go into labor naturally rather than be induced.
- Please obtain my permission before stripping my membranes during a vaginal exam.
- I prefer to have no vaginal exams until I go into labor.
- During a vaginal exam, I prefer not to have my membranes broken unless there is an emergency situation.
- I prefer minimal internal vaginal exams.

Induction

- Breast stimulation
- Walking
- Herbs
- Enema
- Castor oil
- Chiropractic
- Acupuncture
- Sexual intercourse
- Stripping membranes

Talk to my practitioner about alternatives to treatments such as antibiotics

Environment

- Upon arrival at the hospital, I prefer to have my partner with me at all times.
 - Please, no residents or students attending my birth.
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- Birthing room
- Room with a shower and/or bath
- At home
- Birthing bed
- I would like to have a TV available.
- I would like to have a DVD player or streaming service available.

Pain Relief

Please only offer pain medications if I ask for them.

- Breathing techniques
- Distraction techniques
- Hypnotherapy
- Acupressure
- Ideally, I want to be able to walk around and move as I wish while in labor.
- I would like to feel unrestricted in accessing any sounds of chanting, grunting, or moaning during labor.
- Please always keep my door closed while I am in labor.

Monitoring

- Childbirth Hypnosis

Second Stage Labor

As long as the baby and I are healthy, I prefer to have no time limits on pushing.

- Squatting
- Hands and knees
- On the toilet
- Side Lying
- Whatever feels right at the time

I prefer to have no episiotomy and risk tearing (unless I'm having a medical emergency)

- Apply hot compresses
- Apply oil
- Use perineal massage
- Encourage me to breathe properly for slower crowning.

The Delivery

- I would like to view the birth using a mirror.
- I would like to touch my baby's head as it crowns.
- I would like to catch my baby and pull it onto my abdomen as it is born.

It's important to me to push instinctively. I do not want to be told how or when to push.

- As long as my baby is healthy, I would like my baby placed immediately skin-to-skin on my abdomen with a warm blanket over it.

Cesarean

- Ideally, I would like to remain conscious during the procedure.
- I prefer to have a hand free to touch the baby.
- If possible, please discuss anesthesia options with me.
- I would like my baby to be sent to the nursery while I am in recovery.

Third Stage Labor

- Please wait for the umbilical cord to stop pulsating before it is clamped.
- I would like to bank my baby's cord blood and have made arrangements for this procedure prior to the birth.
- I would prefer for the placenta to be born spontaneously without the use of pitocin, and/or controlled traction on the umbilical cord.

Newborn Procedures

- I would like to have routine newborn procedures delayed until bonding and breastfeeding have occurred.

I would like my baby to have eye drops administered immediately after birth.

Immunize the baby according to normal procedures.

- Please delay procedure as long as possible

My Hospital Stay

As long as it can be.

- I prefer a private room.
- I would like my other children (regardless of age) to be allowed to visit with me for as long as they wish or as long as hospital policy permits.