



























# Baby Girl / Boy (Last Name)

## BIRTH PLAN

We understand that birth is unpredictable and that emergencies arise. These are our preferences for a natural birth. If and when complications arise, we request the least invasive procedure possible and informed consent before any interventions. We strongly desire to have a vaginal birth. If a CS is medically necessary, we request that the items below are still honored as possible and a gentle Cesarean take place. Thank you for taking the time to read over our plan.

1 <sup>st</sup> Stage	2 <sup>nd</sup> Stage	3 <sup>rd</sup> Stage	Baby Care (L&D)	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> Lights dim, room calm and quiet, soft music</li> <li><input type="checkbox"/> Essential oils, option of own clothing</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Reminder to empty bladder before pushing</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Immediate skin-to-skin &amp; breastfeeding ASAP</li> <li><input type="checkbox"/> Need help with good latch</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Exams, prints, etc. on mom's chest</li> <li><input type="checkbox"/> Weight taken after first hour, minimal wipe down</li> </ul>	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> Intermittent monitoring</li> <li><input type="checkbox"/> Free movement, use of ball, etc.</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Direct me when to push</li> <li><input type="checkbox"/> Allow different positions</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Delayed cord cutting; wait until pulsing stops</li> <li><input type="checkbox"/> Daddy to cut cord</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No Vitamin K</li> </ul>	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> May labor in tub and / or shower</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No episiotomy; prefer natural tearing</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No controlled cord traction</li> <li><input type="checkbox"/> Physiologic birth of placenta, please</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No eye ointment</li> </ul>	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> Use of food &amp; water over IV</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm compress and / or perineal support when pushing, please</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Pitocin <u>only</u> if medically necessary</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No Hep B</li> </ul>	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> Limited cervical checks</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Reminder to slow down when crowning</li> <li><input type="checkbox"/> Avoid forceps / vacuum</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No visitors</li> </ul>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> No bath; wait for vernix to absorb</li> <li><input type="checkbox"/> Parent(s) to bathe or assist with bathing</li> </ul>	
 <ul style="list-style-type: none"> <li><input type="checkbox"/> Natural water rupture, please</li> </ul>  <ul style="list-style-type: none"> <li><input type="checkbox"/> No drugs unless requested; possibly nitrous or epidural</li> <li><input type="checkbox"/> No Pitocin unless necessary</li> </ul>	<h3 style="color: teal;">Postpartum Baby Care</h3>  <p>Admissions, exams, etc. done in room with parent(s)</p>		 <p>No formula; breastfeeding exclusively</p>	 <p>No sugar water</p>  <p>No pacifiers</p>