

Building Your *Birth Plan*

While having a birth plan and knowing what you want is very helpful in having the birth you want, please be aware that every birth is different and be open to change if needed.

Who do you want in the room for support?

Have you hired a doula/midwife or someone else you want present?

Have you hired a birth photographer?

Any notes on your wishes or fears that you think your doctors should know.

Please note:

- I have group B strep
- Am Rh incompatible with baby
- Have gestational diabetes
- Other medical importance

I am planning this birth to be:

- Vaginal
- C-section
- Water birth
- VBAC (Vaginal birth after C-section)

 For Labor

While I labor, I would like:

- Music played (I will bring my own device)
- The lights dimmed or off
- To be nude
- To be able to stand and walk as desired
- Essential oils diffused (If allowed)
- To wear my own clothes
- The room to stay as quiet as possible
- To have access to a bath or shower

Medically I would like:

- As few vaginal exams as possible
- To be able to drink water as needed
- To have an IV for hydration
- To be monitored continuously
- As few interruptions as possible
- To eat lightly as desired
- Access to oxygen for relaxation
- To be monitored wirelessly so I can walk

For pain relief I would like:

- A standard epidural
- Acupressure
- Affirmations hung around the room
- Breathing techniques
- Hypnosis
- Meditation
- Use Rebozo scarves
- Use a birthing ball
- Nothing
- A walking epidural
- Acupuncture
- A focus spot hung on the wall
- Distraction
- Massage
- Reflexology
- Change positions as needed
- Make as much sound as I feel needed
- Let me decide as I progress

If I am not progressing I would like:

- To wait as long as possible before intervening
- Pitocin
- Stripping my membranes
- Attempt natural methods first
- Breaking my water
- Never artificially strip membranes

 For Delivery

To deliver my baby, I would like to

- Lay on my back
- Stand
- be on my hands and knees
- Lean on someone for support
- Use foot or leg rests for support
- Use birthstool
- Be in the shower
- Push spontaneously
- Push without limits, as long as there is no risk
- Lay on my side
- Squat
- Semi-recline
- Use people to support my legs
- Use birth bar for support
- Use birthing tub
- Move as I feel directed by my body
- Be directed on how and when to push

As my baby arrives Earth-side:

- Use a mirror to see baby crowning
- Touch the baby's head as it crowns
- To catch my baby
- My partner to catch my baby

If assistance is needed pushing:

- Use the vacuum
- Use forceps
- Give an episiotomy
- Use and method the doctor recommends

Immediate Postpartum

Immediately after birth, I would like:

- My baby placed on my chest
- My baby given to my partner
- Delayed cord clamping
- To bank the cord blood (I have made arrangements)
- To deliver the placenta spontaneously
- To make a print using the placenta
- To not be given Pitocin
- To share skin to skin time as long as I want
- The opportunity to immediately breastfeed
- My partner to cut the cord
- To donate the cord blood
- To have the placenta for encapsulation
- To see the placenta before it is discarded
- Use a local anesthetic for repairs

If for any reason my baby needs to go to the NICU, I want my partner to go with them

If for any reason I am unable to breastfeed before my baby needs to eat please give my baby donor milk

C-section

If a C-section is necessary, I would like:

- My partner to remain with me
- To stay conscious
- A clear drape so I can see my baby come out
- My partner to hold my baby as soon as possible
- My photographer in the room
- My arms left free to touch my baby
- The surgery explained as it happens
- To breastfeed as soon as possible

I plan on feeding my baby:

- Only formula
- Only breastmilk
- On demand
- Please bring me a pump to help build a stash
- Please do not give my baby any formula
- Only donor milk
- On a schedule
- I welcome help from a lactation consultant
- Please do not offer me a pump
- Please do not give my baby a pacifier

Medical exams and procedures:

- Please give my baby Vitamin K
- Please give my baby sugar water as needed
- Perform everything in my partners presence
- Please give my baby eye ointment
- Perform everything in my presence
- Include a hepatitis B vaccine

I would like my baby's bath:

- Be delayed a few days
- Be given the day of birth
- Be given by me
- Be given by my partner
- Be given in my presence

If we have a boy:

- I would not like to circumcise
- A circumcision be performed
- A circumcision be performed later
- Be performed in my presence
- Be performed in my partners presence

I would like all visitors:

- To be let in as they arrive
- My other children meet their sibling first
- All of my children to stay with me throughout
- To wait until after we have bonded
- To come and go as they wish
- My partner to stay with me throughout