



## Birth Plan Worksheet

NAME: \_\_\_\_\_

### ATTENDANTS

I'd like the following people to be present during labor and/or birth:

- ☐ Partner: \_\_\_\_\_
- ☐ Friend/s: \_\_\_\_\_
- ☐ Relative/s: \_\_\_\_\_
- ☐ Doula: \_\_\_\_\_
- ☐ Children: \_\_\_\_\_

### AMENITIES

I'd like to:

- ☐ bring music
- ☐ dim the lights
- ☐ wear my own clothes during labor and delivery
- ☐ take pictures and/or video during labor/delivery

### HOSPITAL ADMISSION & PROCEDURES

- ☐ I'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd like:

- ☐ my partner to be allowed to stay with me at all times
- ☐ only my practitioner, nurse, and guests to be present (i.e., no residents, medical students, or other hospital personnel)
- ☐ to wear my contact lenses, as long as I don't need a c-section
- ☐ to eat if I wish to
- ☐ to stay hydrated drinking clear fluids instead of having an IV
- ☐ to have a heparin or saline lock
- ☐ to walk and move around as I choose

## OTHER INTERVENTIONS

As long as the baby and I are doing fine, I'd like to:

- ☐ have intermittent rather than continuous electronic fetal monitoring
- ☐ be allowed to progress free of stringent time limits and have my labor augmented only if necessary

## LABOR PROPS

If available, I'd like to try a:

- ☐ birthing stool
- ☐ birthing chair
- ☐ squatting bar
- ☐ birthing pool/tub

I'd like to bring the following equipment with me:

- ☐ birthing stool
- ☐ beanbag chair
- ☐ birthing pool/tub
- ☐ other: \_\_\_\_\_

## PAIN RELIEF

I'd like to try the following pain-management techniques:

- ☐ acupressure
- ☐ bath/shower
- ☐ breathing techniques/distraction
- ☐ hot/cold therapy
- ☐ self-hypnosis   ☐ massage   ☐ medication

other: \_\_\_\_\_

- ☐ Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:

- ☐ regional analgesia (an epidural and/or spinal block)
- ☐ systemic medication

## **PUSHING**

When it's time to push, I'd like to:

- ☐ do so instinctively be coached on when to push and for how long
- ☐ be allowed to progress free of stringent time limits as long as my baby and I are doing fine

I'd like to try the following positions for pushing (and birth):

- ☐ semi-reclining
- ☐ side-lying position
- ☐ squatting hands & knees
- ☐ whatever feels right at the time

## **VAGINAL BIRTH**

During delivery, I'd like:

- ☐ to view the birth using a mirror
- ☐ to touch my baby's head as it crowns
- ☐ the room to be as quiet as possible
- ☐ to give birth without an episiotomy
- ☐ my partner to help "catch" our baby

After birth, I'd like:

- ☐ to hold my baby right away, putting off any procedures that aren't urgent
- ☐ to breastfeed as soon as possible
- ☐ not to get oxytocin (Pitocin) after I deliver the placenta unless it's necessary
- ☐ to wait until the umbilical cord stops pulsating before it's clamped and cut
- ☐ my partner to cut the umbilical cord

## **C-SECTION**

If I have a c-section, I'd like:

- ☐ my partner present at all times during the operation
- ☐ the screen lowered a bit so I can see my baby being delivered
- ☐ the baby to be given to my partner as soon as he's dried, if appropriate
- ☐ to breastfeed my baby in the recovery room

## **CORD BLOOD BANKING**

I'm planning to:

- ☐ donate cord blood to a public bank
- ☐ bank cord blood privately
- ☐ neither

## **POSTPARTUM**

After delivery, I'd like:

- ☐ all newborn procedures to take place in my presence
- ☐ my partner to stay with the baby at all times if I can't be there
- ☐ to stay in a private room
- ☐ to have a cot provided for my partner

I'd like:

- ☐ 24-hour rooming-in with my baby
- ☐ my baby to room-in with me only when I'm awake
- ☐ my baby brought to me for feedings only
- ☐ to make my decision later depending on how I'm feeling
- ☐ my other children brought in to see me and meet the new baby as soon as possible after the birth.

## **FEEDING ISSUES**

I plan to:

- ☐ breastfeed exclusively
- ☐ combine breastfeeding and formula-feeding
- ☐ formula-feed exclusively

Do *not* offer my baby:

- ☐ formula
- ☐ sugar water
- ☐ a pacifier

**CIRCUMCISION**

If my baby's a boy:

- ☐ I want him to be circumcised at the hospital
- ☐ I'll have him circumcised later
- ☐ I don't want him circumcised

**DISCHARGE**

I'd like to:

- ☐ be discharged from the hospital with my baby as soon as possible
- ☐ stay at the hospital as long as possible
- ☐ wait and see how I feel before deciding about the timing of hospital discharge