

writing a birth plan

While much of what happens during delivery is way beyond your (or anyone's!) control, creating a birth plan will at least make your wishes clear. Definitely talk over the plan with your doctor or midwife—it's important to be sure you are all on the same page. This checklist will help you get started.

MY INFORMATION

Due date or induction/c-section date: _____

Doctor or midwife's name: _____

Hospital or birthing center name: _____

MY DELIVERY IS PLANNED AS

- Vaginal
- C-section
- Induction
- VBAC (vaginal birth after cesarean)
- _____

I WOULD LIKE . . .

- Partner: _____
- Parents: _____
- Doula: _____
- _____

. . . present before and/or during labor.

DURING LABOR, I WOULD LIKE

- Music (I will provide)
- The lights dimmed
- The room as quiet as possible
- As few interruptions as possible
- As few vaginal exams as possible
- Hospital staff limited to my own doctor and nurses (no students, residents, or interns present)
- To wear my own clothes
- My partner to film and/or take pictures
- My partner to be present the entire time
- To hydrate with clear liquids and ice chips
- To eat and drink as okayed by my doctor
- _____

FOR PAIN RELIEF, I WOULD LIKE TO USE

- Epidural
- Systemic medication
- Breathing techniques
- Distraction
- Hypnosis
- Meditation
- Massage
- Accupressure
- Reflexology
- _____

AS BABY IS DELIVERED, I WOULD LIKE TO

- Push spontaneously
- Push as directed
- Use a mirror to see baby crown
- Touch the head as it crowns
- Let the epidural wear off while pushing
- Have a full dose of epidural
- Avoid forceps and vacuum extraction, if possible
- Use whatever methods my doctor deems necessary
- Let my partner catch baby

I WOULD LIKE TO HOLD BABY

- Immediately after delivery
- After suctioning and weighing
- After being wiped clean and swaddled
- Before eye drops/ointment are given

AFTER DELIVERY, I WOULD LIKE

- To donate the cord blood
- To save the placenta
- Baby to receive Hepatitis B vaccination
- Baby to be circumcized
