



Hello there!

Here's a nice checklist kind of starter birth plan. It's not meant to be the complete planning for any couple.

Please use it as a way to get ideas, see some of your options, and get on the same page as your partner.

Even if you want to use it as your official birth plan, be sure to do a bit of research and always discuss your preferences ahead of time with your provider.

If your provider isn't keen on your plans or doesn't regularly attend births where those things happen the way you'd like them to, please consider a new provider.

Happy Birthing!

-Lauren



P.S. A great FREE resource for learning about all the options for labor and delivery, including research, pros/cons, and more, is [m]otherboard. They also have a paid feature where you can create your own visual birth plan ("Motherboard") to easily share with providers.

www.motherboardbirth.com



Our Birth



Thank you for helping us on one of our biggest days of our lives. What follows is a collection of our wishes and preferences. We are confident that with your help and expertise we can make the best decisions about how to go forward should anything thwart our best laid plans outlined here.

(Parents: As you do your own research and planning, consider Motherboardbirth.com, EvidenceBasedBirth.com, and *Thinking Woman's Guide to a Better Birth (Goer)*. Be sure to discuss options with your providers prenatally.)

My personality traits that will serve me well as I do the work and waiting of birth:

- _____
- _____
- _____
- _____

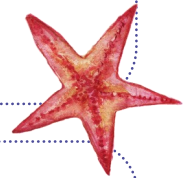
How I want to feel...

In early labor at home:

When labor is difficult/active:

While I am pushing:

Postpartum:



My Environment I will be trying to create an environment conducive to the production of oxytocin while at home. I'd appreciate help maintaining that sense of safety and comfort when we move to the hospital/birth center.

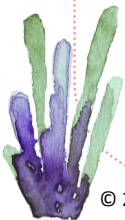
- Dim lights
- The fewer people, the better
- Music
- Aromatherapy
- Positive and encouraging talk only
- _____

Pain Relief Options

- Freedom of movement
- Epidural
- Sterile water/TENS
- Narcotic shots/IV
- Nitrous Oxide
- Relaxation/Hypnosis
- Tub/Shower
- Other:

In case of induction, I'm interested in...

- IV Pitocin/Oxytocin
- Cervical ripening gel
- Foley bulb
- Nipple stimulation/Breast pump
- Pill (misoprostol/Cytotec) *not FDA approved*
- If it's not working before 6 cms, I will go home and come back another time



We need your help with...

- Asking before doing any procedure or check
- Explaining things as they happen
- Allowing time to ask questions and talk it over before any non-emergent procedure or change
- Suggestions for making labor more comfortable
- _____
- _____

During delivery....

- Use upright position for gravity assist, comfort
- I'll listen to my body to know when and how to push
- I'd like pushing direction
- I'd like to see (hand mirror) or touch as my baby makes progress
- Perineal massage or hot compresses as I push
- If an operative delivery is called for (episiotomy, vacuum, forceps), ask permission first

After Baby:

- Wait for the cord to stop pulsing to clamp and cut it.
- Please collect blood for the cord blood bank (I'll provide kit)
- I will hold my baby immediately skin-to-skin
- I will hold my baby after s/he is wiped down
- Perform any checks and procedures while baby is on my chest
- We will take the placenta home
- Please send a lactation consultant to help us breastfeed
- Do not take the baby from my room
- Do not give the baby formula or water
- _____

In case of Cesarean...

- I'd like to wait for labor to start to get the hormonal benefits for baby and me.
- Please tell me what is happening or provide a sheer screen.
- The following people will accompany me _____ + _____
- I will hold my baby immediately skin-to-skin
- I will hold my baby after s/he is wiped down and checked
- I will hold my baby when I am in recovery
- _____

I'm worried about..

- _____

- _____

- _____

