

Birth Plan: To discuss with your labor support person before going to the hospital.
Remember: Your birth may not go exactly according to your plan and that is OKAY!

My Name:

My provider's name and contact information:

Name:

Phone:

My baby's due date:

Where do I plan to have my baby?

My delivery is planned as (check one):

- Vaginal
- C-section
- VBAC

Who is my primary support person?

Name:

Phone:

Relationship:

Who else do I want with me in labor and birth?

The hospital may have a limit on how many people can be with you due to the pandemic

What kind of support do I want during labor (check all that apply)?

- Help with breathing
- Help working through contractions
- Help relaxing between contractions
- Massage
- Moving around
- Other:

What sorts of things help me relax that I can bring to the hospital (i.e. essential oils, music, drawing kit)?

Do I want to be able to move freely during labor (check one)?

- Yes
- No

What position(s) do I want to be in during labor (check one)?

*if you receive an epidural you will not be able to move around freely

- Lying down
- Sitting
- Standing
- Moving around
- Other:

What kind of pain relief medication, if any, do I want to help with labor pain?

*You can also decide this on the day of delivery

If a C-section becomes necessary, I'd like (check all that apply):

- My support person(s) to remain with me
- The surgery explained as it happens
- To have skin-to-skin contact with the baby as soon as possible
- To breastfeed in the recovery room

I'd like to avoid an episiotomy if possible (check one)?

(An episiotomy is a surgical cut made at the opening of the vagina during childbirth, to aid a difficult delivery and prevent rupture of tissues)

- Yes
- No

Do I want a delayed cord clamping (check one)?

- Yes
- No

Who do I want to cut the umbilical cord?

Do I want to hold my baby as soon as they are born (check one)?

- Yes, immediate skin-to-skin contact until my baby has successfully breastfed (please delay eye ointment and exams)
- No, I'd like my baby to be dried and wrapped first

Do I want my baby with me at all times after birth, or is it OK for my baby to spend time in the nursery (check one)?

- With me at all times
- OK to be in the nursery

Do I want to breastfeed my baby (check one)?

- Yes
- No

If my baby is a boy, do I want him circumcised (check one)?

- Yes, in the hospital
- Yes, but not in the hospital
- No

Are there any special traditions I want to take place when my baby is born?

Are there any other issues the hospital or birthing staff should know about me or my baby's birth?

