

## Birth Plan Worksheet

NAME	3:
	NATIO A REPORT
	ENDANTS
	e the following people to be present during labor and/or birth:
	Partner:
	Friend/s:
Ш	Relative/s:
	Doula:
	Children:
AME	NITIES
I'd like	e to:
	bring music
	dim the lights
	wear my own clothes during labor and delivery
	take pictures and/or video during labor and delivery
HOSE	PITAL ADMISSION & PROCEDURES
	I'd like the option of returning home if I'm not in active labor.
Onaal	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 walk and move around as I choose
	ER INTERVENTIONS
	ng 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 liba	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 dea	eide I want medicinal pain relief, I'd prefer:		
	regional analgesia (an epidural and/or spinal block)		
	systemic medication		
	5) 500-1-1-0 1-1-0 01-0 01-1-0 1-1-0		
PUSH			
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 and 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			
<ul> <li>not to get oxytocin (Pitocin) after I deliver the placenta unless it's necessary</li> </ul>			
□ to wait until the umbilical cord stops pulsating before it's clamped and cut			
☐ my partner to cut the umbilical cord			
CCECTION			
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			
$\Box$ 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.			

FEED	ING ISSUES	
I plan t	to:	
	breastfeed exclusively	
	combine breastfeeding and formula-feeding	
	formula-feed exclusively	
Do <i>not</i>	offer my baby:	
	formula	
	sugar water	
	a pacifier	
CIRC	UMCISION	
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	
DISCI	HARGE	
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	