

CHECKLIST:

Your Birth Plan

Complete this checklist to help ensure smooth sailing on the big day.

Pre-Labor:

- I'd like to go into labor naturally.
- I'd like my water to break naturally.
- I plan to bank my baby's cord blood.
- I plan to save my placenta.

Labor:

- I'd like to be mobile for as long as possible.
- I'd prefer to not have an IV during labor.
- I'd prefer intermittent fetal monitoring rather than continuous.
- I'd like to push instinctively.
- I'd like to be coached on when to push and for how long.

Who I'd like in the room:

- Partner:** _____
- Relative(s):** _____

- Friend(s):** _____

- Doula:** _____

I would like to use the following for pain management:

- Music
- Acupressure
- Aromatherapy
- Medication
- Dim lighting
- Epidural
- Massage therapy
- Lamaze
- Whirlpool or shower

I would like to use the following during delivery:

- Birthing stool
- Birthing chair
- Birthing pool or tub
- Certain positions (circle): semi-reclining, side-lying, squatting, hands and knees

With a vaginal birth, I would like to:

- Avoid an episiotomy.
- Watch the birth in a mirror.
- Hold my baby immediately after birth.
- Have skin-to-skin contact immediately after birth.
- Breastfeed as soon as possible.

If a Cesarean is necessary, I would like:

- My partner to be with me at all times.
- My partner to hold the baby as soon as possible after birth.
- To have skin-to-skin contact as soon as possible after birth.
- To breastfeed as soon as possible.

Postpartum:

- I'd like to see the following visitors as soon as possible after the birth: _____
- I'd like to check out of the hospital as soon as possible.
- I'd like to stay in the hospital as long as possible.

I plan to:

- Breastfeed only
- Formula feed only
- Breastfeed and formula feed