

CHECKLIST:

Your Birth Plan

Complete this checklist and review with your health care provider before 34 weeks.

**Not all offered at every facility.*

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.
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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.
- I'd like to use a peanut ball.
- I'd like to use a birthing ball.
- I'd like to use a birthing stool.

Who I'd like in the room:

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

- Friend(s):** _____

- Doula:** _____

I would like to use the following for pain management:

- | | |
|---|--|
| <input type="checkbox"/> Music | <input type="checkbox"/> Breathing & relaxation |
| <input type="checkbox"/> Aromatherapy
(battery operated) | <input type="checkbox"/> Birthing ball |
| <input type="checkbox"/> Dim lighting | <input type="checkbox"/> Nitrous Oxide
(laughing gas) |
| <input type="checkbox"/> Massage therapy | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Tub | <input type="checkbox"/> Epidural |
| <input type="checkbox"/> Shower | <input type="checkbox"/> Hypnobirth |

I would like to use the following during delivery:

- 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.
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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 plan to:

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