

My Birth Plan



This is a place for you to write down your wishes for your baby's birth. You can fill out this plan with your partner and share it with your provider, your family, and other support people. It's best for everyone to know ahead of time what your wishes are. Keep in mind that you might not be able to follow every wish, depending on what is happening with you or the baby.

These are the most current medical recommendations. If you wish to discuss a different plan than the choices below, talk to your provider.

Labor room – I want:

- Soft lighting
- Bring from home:
 - Music
 - Aromatherapy
 - _____

Other _____

Positions – I want to be:

- Lying down
- Sitting
- Standing
- Squatting

Moving around – I want:

- To move as I want, such as walking and changing positions
- Stay in bed, but able to move around

Other _____

Eating/drinking:

- I would like to have clear fluids, if allowed by my provider (like broth, sprite, water, or ice)

Other _____

I want my support person to:

- Help me with breathing
- Help me work through contractions
- Help me move around

Other _____

For pain – I want:

Medical Options

- Analgesic
- Epidural anesthesia
- Nitrous oxide
- Pain medicine offered only when I ask

Non-Medical Options

- Relaxation/visualization exercises
- Changing positions or walking
- Massage
- Breathing patterns
- Taking a shower
- Fitness ball
- Hot/cold packs

Monitoring baby:

- Use a method that lets me move around
- Fetal monitoring in bed is fine



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If labor needs to speed up:

- Try non-medical options first (walking and using upright labor positions, or nipple stimulation)
- Prefer that my practitioner breaks my water.
- Prefer that my water breaks on its own
- Prefer to receive an IV of Pitocin

Baby care – I want to:

- Hold my baby skin to skin right after birth
- Breastfeed as soon as possible
- Have _____ cut the umbilical cord
- Have the cord cut right away
- Have the cord blood saved
- Have routine hospital procedures done, while I hold my baby, if possible
- Keep the baby in my room with me
- Have the baby to go to the nursery if I ask

If I have a boy, I want him:

- Circumcised
- Not circumcised

Infant Feeding

- Breastfeeding only
- Formula feed
- Have a combination of breastfeeding and formula feeding

Pushing – I would like to:

- Use a variety of positions during pushing.
- Have a mirror placed, so I can see the birth happening.
- Be directed when to push.
- Push when I feel contractions.
- Not use forceps and/or vacuum extraction unless absolutely needed.
- Touch my baby’s head as it crowns.

In case of C-section:

- I would like _____ with me during surgery
- Prefer music played in the operating room.
- I would like the surgeon to describe the surgery as they go along
- I would like to place my baby on my chest skin to skin as soon as possible
- I would like to breastfeed as soon as possible

Special wishes:

