

MOTHER \_\_\_\_\_  
FATHER \_\_\_\_\_  
DOULA \_\_\_\_\_  
PROVIDER \_\_\_\_\_  
HOSPITAL \_\_\_\_\_  
EDD \_\_\_\_\_

# Birth Plan

*We appreciate your support in helping us achieve our goal of a natural, intervention-free vaginal delivery of our son.*

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We would like the following:

## ***For labor/delivery:***

- Only essential medical personnel in the room (no trainees please; providers from WGCA preferred)
- Dim lights, peace and quiet, possibly music, option to wear own clothes
- Minimal vaginal exams
- Freedom to move (intermittent monitoring, no IVs unless emergency; hep-lock should be well-taped)
- Freedom to eat/drink
- Access to a bathtub (Room 301 if available)
- Perineal massage / hot packs during active labor
- Ability to use a variety of natural pain relief options (birth ball, varied positions, squat bar, etc.)
- Natural augmentation methods (if necessary)

## ***For baby:***

- Delay cord clamping until cord stops pulsing
- Immediate skin-to-skin for at least 2 hours immediately after birth (no bathing needed)
- Opportunity to breastfeed ASAP
- Exclusive breastfeeding; no pacifiers, bottles or glucose
- Leave baby resting on mother during his initial examination/procedures
- Delay Hep B vaccine
- Rooming in as much as possible

## ***For mom:***

- Spontaneous delivery of placenta (without pitocin before or after delivery of placenta)
- Fundal massage

## ***In case of emergency:***

- Natural methods are preferred as a first approach before medical interventions
- Father accompanies baby for any/all assessments
- Parents go with if transfer is necessary

## ***In the event of an emergency c-section:***

- Mother would like to remain conscious if possible
- Father should have the option to be present
- If Father cannot be present, Mother would like doula to be present
- Mother would like a mirror to watch the delivery
- Skin-on-skin with Father immediately and with Mother ASAP
- Breastfeeding ASAP in recovery room
- Delay cord clamping as long as possible

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***Thank you for helping us to have a positive birth experience! We are happy to have you as part of our team.***