

OUR BIRTH PLAN



Estimated Due Date:

Mom-to-be:

Midwife/OB:

Anyone else present:

Dad-to-be:

Doula:

Before Birth Details

Labor/Coping Plan

During Delivery

After Birth & Newborn Care

Notes:

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Estimated Due Date:

Mom-to-be:

Midwife/OB:

Anyone else present:

Dad-to-be:

Doula:

Before Birth Details

- Dim lights/natural lighting
- Calming music
- Prefer to wear my own clothes
- No students/extra staff
- No IV hookup unless Strep B positive

Labor/Coping Plan

- Spontaneous labor, no induction
- Freedom of movement, intermittent monitoring
- Ability to eat/drink
- Birth ball, massage, tub, positioning, information
- No pain medications, we know our options and will discuss if we feel we need them

During Delivery

- Deliver in position of my choice
- Mother-directed pushing
- Delayed cord clamping until it is white and no longer pulsing

After Birth & Newborn Care

- Immediate skin-to-skin and 60+ minutes of uninterrupted bonding time
- After 60 minutes all newborn cares performed in mothers arms
- Baby is to be breastfed only
- Delayed bath

Notes:

Today is such a special day for our family and we are so grateful to have you on our team!