

Getting to Know You

A birth plan is a communication tool for you to use to share your birthing preferences with your care provider and nurses. We have provided a sample birth plan below.

Name _____ Mom's Birth Date _____

Baby's Due Date _____ Care Providers name _____

What is your partners name _____ Relationship _____

What classes have you taken to prepare for the birth of this baby?

_____ Great Expectations _____ Prepared Childbirth Class
_____ Basic Training for Dads _____ Developing the Art of Breastfeeding
_____ Shape up for Baby _____ Music for your Miracle
_____ Mom's Helper _____ Car Seat Safety

If you took Prepared Childbirth Class, what were the 3 birthing topics you chose that were most important to you?

1. _____
2. _____
3. _____

Labor

_____ unlimited visitors
_____ limited visitors
_____ dim lights
_____ music – please bring your own. There is a CD / tape player in each Birthing Room.

Positions I think I'd prefer during labor:

_____ walking _____ sitting backwards on chair _____ Birth ball
_____ whirlpool tub _____ Rocking chair _____ swaying while standing over bedside table
_____ unsure of positions _____ staying in bed
_____ Would like nurse to make suggestions for positioning.

Comfort Measures:

_____ Various positions _____ Breathing _____ water (shower or tub) _____ heat or cold therapy
_____ relaxation techniques _____ music therapy _____ massage

IV Medication ___ yes ___ no ___ I will ask if needed.

Epidural ___ yes ___ no ___ I will ask if needed.

Pain Relief Offers:

_____ Only if I ask _____ Offer if uncomfortable
_____ Offer pain medication / epidural only after we've tried various positions, relaxation, and breathing techniques.
_____ Offer pain medication / epidural as soon as possible.

Pushing

Some positions will depend on if you are medicated, if you have an epidural, and the position of your baby. (Each of these methods are discussed in Prepared Childbirth Class.)

_____ Spontaneous bearing down – (listening to your body and bearing down)
_____ Directed pushing (being told when to push with contractions while holding your breath)
_____ Birth Bar ___ side lying _____ squatting using birth bar _____ knee/chest position
_____ would like recommendation when it is time to push.

Episiotomy:

- prefer no episiotomy –(massage, compresses)
- prefer to tear (massage, compresses)
- episiotomy if needed

Cord Cutting:

- Partner to cut cord
- Care provider to cut cord

Prime Time

Would like to have 'Prime Time' with my baby (please read about Prime time on pg. 42 of our education book.)

How do you plan on feeding your baby?

- Breast milk
- Formula
- I would like to breastfeed within one hour after birth.

Do you want your baby to have a pacifier?

- yes
- no
- lets wait & see

Circumcision (see pg. 4 & 5 in our education book for additional information)

- I plan to have my baby boy circumcised. (Please check with your insurance company for coverage information.)
- I do not plan on having my baby circumcised.

Have you chosen a care provider for your baby? (see p. 5 & 6 in our education book)

Care provider _____

Any other request / concerns not already addressed:
