

Birth Plan

A birth plan helps you communicate your wishes about the birth of your baby. The questions below will give you an opportunity to think about and discuss how you'd like your birth experience to happen. Even though there is no way you can control every aspect of labor and delivery, a birth plan gives you an opportunity to make your wishes clear.

Please fill out the birth plan and bring a copy to the hospital to share with the nurses, doctors, and midwives who are involved in your care. Keep in mind that we will make every attempt to follow your plan; however, the first priority is the health and safety of you and your baby.

Mother's name _____

Partner's name _____

Names of other labor companions _____

Doctor or midwife _____

Baby's doctor or clinic _____

Baby's last name _____

What would you like the birth environment to be? Please check all that apply:

I would:

- ☐ Like to bring music
- ☐ prefer dim lighting
- ☐ like to wear my own clothes
- ☐ like to be able to walk around
- ☐ like to use a rocking chair
- ☐ prefer a warm bath
- ☐ prefer to use a birthing ball
- ☐ like my nurse to offer suggestions to me

What would you prefer for pain management?

I would:

- ☐ prefer to try laboring without pain medication. I will ask if I would like something for pain.
Please do not ask me.
- ☐ like to try IV narcotics
- ☐ like an ITN
- ☐ like an epidural
- ☐ like information about pain management options

I plan to:

- ☐ breastfeed
- ☐ bottle-feed
- ☐ both

I have prepared for childbirth by:

- ☐ attending prenatal classes
- ☐ attending breastfeeding classes
- ☐ attending a hospital tour
- ☐ reading childbirth material
- ☐ researching information on the internet

Does your partner have any requests such as cutting the umbilical cord, being present for exams, or skin to skin contact with the baby?

Do you have any other preferences or concerns not listed that you would like us to know?
