

# What's a birth plan?

Our goal is for you and your family to have the best birth experience possible. A birth plan is a guide to your wishes and expectations for the big day. Birth plans are not binding agreements, and you can change them at any time. With the exception of an unexpected medical emergency, we will be happy to help you follow your plan as closely as possible.

Use this tool to help you create your ideal birth experience.

## Support

During my labor, I would like to have the following people present:

- My partner
- Friends and family, up to 3 at a time
- Personal request:

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During my baby's birth, I would like to have the following people present:

- My partner
- Delivery attendees/support people
- Personal request:

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Immediately following delivery, we encourage a "Magic Hour," a time that is ideally reserved for parents and their newborn, and a time research shows can be used to promote bonding. During this time, I would like to have the following people present:

- My partner
- Other(s):

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- Personal request:

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## Pain Management

I have discussed my pain management options with my OB provider and wish to:

- Give birth as naturally as possible
- Be reminded of coping techniques such as breathing, relaxation and change of position
- Have IV medication as needed for pain relief
- Have an epidural
- Personal request:

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## Labor

If medically safe for me and my baby, I would like to:

- Walk around
- Use a birthing ball (you may bring your own)
- Use the shower
- Listen to music (CD players are available in Labor and Delivery rooms)
- Have lights dimmed
- Eat ice chips and popsicles in small amounts
- Personal request:

## Birth

If medically safe for me and my baby, I would like to:

- Have a mirror available to help me see to push
- Have my partner cut the cord at delivery
- Have my partner with me if I require a cesarean section
- Give my partner the opportunity to hold the baby skin-to-skin if I am unable to hold my baby immediately after delivery
- Personal request:

## Infant Care

In regard to feeding:

- I would like to breastfeed as soon as possible
- I prefer my baby NOT be given a bottle
- I prefer my baby NOT be given a pacifier
- I am unsure of whether I want to breastfeed or not, and would like more information about breastfeeding
- I would like to bottle feed my baby
- Personal request:

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In regard to circumcision:

- I would like my son circumcised before discharge
- I prefer NOT to have my son circumcised
- I would like to discuss circumcision with a pediatrician
- Personal request:

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In regard to umbilical cord blood banking:

Visit [savethecordfoundation.org](http://savethecordfoundation.org) for more information.

- I would like to bank my baby's cord blood.
- I would like to donate my baby's cord blood.

## Additional personal requests:

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## Make a plan

1. Think about it. Consider your options and expectations.
2. Talk about it. Discuss the details with your OB provider at your next appointment.
3. Bring it. Once you've finalized your plan, give a copy to your OB provider, and bring a copy with you when you're admitted.

Call us at 706.509.6506 if you have any questions about your birth plan.



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