

## My Birth Plan

At the Family Birth Center at Floyd, our goal is for you and your family to have the greatest birth experience possible. We have created an outline to help you prepare your own Birth Plan. Please use this guide to help make decisions for what you and your family expect from your birth experience.

Once you have completed your birth plan, make a copy and bring it to your next doctor's appointment. You need to discuss your plan with your OB provider prior to your big day. When you come to the hospital, bring a copy of the birth plan you and your OB provider have agreed on.

Please know that this plan is not a binding agreement and you can change your plan 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.

If you have any questions about your Birth Plan, call us at  
706-509-6506

Name \_\_\_\_\_ Partner \_\_\_\_\_  
Phone \_\_\_\_\_ Name of OB Provider \_\_\_\_\_  
Name of Pediatrician \_\_\_\_\_ DUE DATE \_\_\_\_\_

### Support during labor and birth

**During my labor, I would like to have:**

- My Partner
- Friends & Family to visit up to 3 at a time
- Personal Request \_\_\_\_\_

**During my baby's birth, I would like to have:**

- Only my partner present
- My partner and my Delivery Attendees/support people present \_\_\_\_\_
- Personal Request \_\_\_\_\_

**During "the Magic Hour", I would like to have:**

- Only my partner present
- My partner and \_\_\_\_\_
- Personal Request \_\_\_\_\_

### Pain control during labor and birth

**I have discussed my pain control options with my OB provider and wish:**

- To give birth as naturally as possible
- In support of a natural birth, remind me of coping techniques such as breathing, relaxation, position change
- To have IV medication as needed for pain relief
- To have an epidural
- Personal Request \_\_\_\_\_

## *My Birth Plan, continued...*

### **Labor**

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

- To walk around
- To use a birthing ball(may bring your own)
- To use the shower
- To listen to music(CD players are available in the labor & delivery rooms)
- To have lights low
- To have ice chips and popsicles in small amounts
- Personal Request\_\_\_\_\_

### **Birth and Immediately following Birth**

\*Immediately following delivery, we encourage a "Magic Hour" in which parents, their infants and a significant other spend time getting to know each other. During this period, your nurse will dry your infant and place the baby skin-to-skin on your chest, allowing for the most intimate and tender contact with your child. Research shows that early contact between mothers and infants promotes more positive relationships between the two.

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

- To have my partner with me
- To have a mirror available to help me see to push
- To have my partner cut the cord at delivery, if possible
- The opportunity to Breastfeed as soon as possible
- In the event I require a cesarean section, I would prefer to have my partner with me
- If I am unable to hold the baby immediately after delivery, I would like my partner to be offered the opportunity to hold the baby skin to skin as long as the baby's condition is not compromised.
- Personal Request\_\_\_\_\_

## *My Birth Plan, continued...*

### **Infant Care preferences**

#### **Feeding**

- I would like to breastfeed as soon as possible.
- I would prefer my baby NOT be given a bottle.
- I would prefer my baby NOT be given a pacifier.
- I am unsure of whether I want to breastfeed or not and would like more information on breastfeeding.
- I would like to bottle feed my baby.
- Personal Request \_\_\_\_\_

#### **Circumcision**

- I would like my son circumcised before discharge.
- I would like to discuss circumcision with a Pediatrician.
- Personal Request \_\_\_\_\_

**Umbilical Cord Blood Banking\*** <http://www.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.

#### **Any additional Personal Requests**

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