

Birth Preferences Document (Birth Plan)

[This birth preferences template contains suggestions under each category to give you an idea about what you can request]

Partner:

Doula:

Other support person:

Hospital admittance/triage:

- If available, I'd like a room with a bathtub.
- During the initial wireless monitoring, I'd like to stand or sit on a ball (not lie down).

Pain management:

- Do not offer pain medication, I will ask if I want it.
- I will want access to nitrous when I'm ready, and will ask for it.
- I would like to shower/bathe to help with pain management.

Environment:

- I'd like to dim the lights and keep the room as quiet as possible, with as few people as possible coming in and out.
- I will have a bluetooth speaker from home to play music.

Food and fluids:

- I'd like to avoid the use of IV fluids and prefer to keep myself hydrated.
- I would like to eat lightly during labor.

During labor & birth:

- Please direct most questions to my partner.
- I would like intermittent monitoring of the baby.
- I'd like the option to move around and change positions.
- I'd like to avoid the use of Pitocin (except for placenta delivery).
- I would like to allow my bag of waters to break spontaneously.
- I'd like the option to push in a position other than flat on my back.
- I would like to have a mirror available during pushing.
- I'd like a warm compress on my perineum when pushing.

After birth & newborn care:

- Delay cord clamping for 3 minutes.
- My partner would be thrilled to help with delivery, would like to see the placenta and would like to cut the cord if that is an option.
- No circumcision
- We'd like the baby to be placed on mom's chest right after delivery.
- No bottle feeding; mom will be breastfeeding.
- I would like to give the placenta the chance to detach spontaneously, up to 20-25 minutes after the baby is born (i.e., no traction/tugging on the cord during that time).
- The baby should receive: Vitamin K, Erythromycin ointment, and Hep B vaccination.
- If the baby needs to be taken from the room, I would like dad to accompany the baby at all times.

This template is a suggestion and is not medical advice.

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