

WHAT'S THE PLAN?



a birth plan created by momwithcookies.com

Name: _____

Due Date: _____

Partner's Name: _____

Doctor's Name: _____

WHO DO YOU WANT PRESENT DURING LABOR/DELIVERY:

- Partner
- Parent(s), Name(s): _____
- Friend(s), Name(s): _____
- Photographer, Name(s): _____

PAIN MANAGEMENT

- I want an Epidural ASAP.
- I want pain medicine only when I request it.
- I want to use alternative forms of pain management (birthing ball, moving around, etc).
- I want to know what options you have available.

LABOR

- I would like fetal monitoring to be...
 - Constant
 - Intermittent, if allowed
- I would like music to be playing
- I would like to wear my own clothes, if allowed
- I would like to watch as I push
- I don't want to watch
- I would like _____ to cut the umbilical cord

UNFORSEEN CIRCUMSTANCES

If baby is breach, I would like...

- attempt ECV (turn baby)
- c-section

If I have a C-Section...

- I would like _____ to cut cord, if possible
- I would like to do skin-to-skin as soon as possible
- I would like _____ to hold baby until I can
- I would like to watch, if allowed

WHAT'S THE PLAN?



a birth plan created by momwithcookies.com

POSTPARTUM

I want to do skin-to-skin immediately after delivery

I plan to feed baby

Breast milk (breast feed, or pump)

Formula

Both

If my baby is a boy, I want him circumcised

I would like to see a lactation consultant

I don't want to see a lactation consultant

I would like to stay in the hospital as long as possible

I would like to leave the hospital as soon as possible

ANY OTHER NOTES:
