Birth plan



A birth plan is a set of instructions you make about your baby's birth. Fill out this plan with your partner. Then share it with your provider, your family and other support people. It's best for everyone to know ahead of time how you want labor and birth to be.

Your name	Your baby's due date
1 My health care provider's cont information:	tact 4 Who else do I want with me during labor and birth?
Name	Name
Phone	
2 Where do I plan to have my ba	O My particle O My baby statulet O My family O My friend O Clergy O Doula
	Name
	Phone
Who is my primary support per during labor and birth? Name Phone	 O My partner O My baby's father O My family O My friend O Clergy O Doula
This person is:	Name
 O My partner O My baby's father O My family O My friend O Clergy O Doula 	ther Phone This person is: O My partner O My baby's father
	O My family O My friend
	O Clergy O Doula

.....

Birth plan



5 What kind of support do I want 12 Do I want to breastfeed my baby? during labor? O Yes O No O Help with breathing 13 If my baby is a boy, do I want to **O** Help working through contractions have him circumcised? **O** Massage O Moving around O Yes O No **O** Other **14** Are there special traditions I want to take place when my baby is born? 6 Do I want to be able to move around during labor? O Yes O No O Yes O No Describe _____ 7 What position(s) do I want to be in for my labor? O Lying down **15** If there are any problems with me or **O** Sitting with the baby, do I want to be told **O** Standing first, or do I want my support person O Moving around told first? **O** Other O Tell me first. 8 What kind of drugs, if any, do I O Tell my support person first. want to help with labor pain? **16** Are there other issues the hospital or birthing center staff should know about me or my baby's birth? 9 Who do I want to cut the umbilical cord? O Yes O No Describe _____ 10 Do I want to have my baby's umbilical cord blood saved? O Yes O No 17 My baby's health care provider's 11 Do I want my baby with me at all contact information: times after birth? Or is it OK for my baby to spend time in the nursery? Name _____ O Stay with me at all times Phone **O** OK to stay in nursery