



Here's a birth planning checklist to help you "when it's time". It's important to remember, however, that each birth is unique ... and babies may not arrive according to "plan." Use the list to help you think about some of your labor and delivery preferences so you can share them with your doctor and your labor nurses.

Because the birth process is unpredictable, we encourage you to be flexible about your birth plan. Remember that the primary role of your doctor and labor nurses is to safeguard your health and the health of your new baby -- and sometimes, labor and delivery preferences may need to be changed for health reasons.

ATTENDANTS AND AMENITIES

I'd like the following people to be present during labor and/or delivery:

Partner: _____

Friend(s):

Relative(s):

Doula: _____

Children:

I'd also like:

- To bring music
- To dim the lights
- To take pictures and/or video during labor and **after** the delivery

LABOR

- I'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd like:

- My partner to stay with me
- To wear my contact lenses, as long as I don't need a C-section
- To stay hydrated by drinking clear fluids as long as the baby and I are doing fine
- To walk and move around, as possible

As long as the baby and I are doing fine, I'd like:

- To have intermittent rather than continuous electronic fetal monitoring if appropriate
- To be allowed to progress naturally

If appropriate, I'd like to try:

- A birthing ball
- A squatting bar
- A labor pool/tub

When it's time to push, I'd like to try the following positions for pushing (and birth):

- Semi-reclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right at the time
- As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress naturally

PAIN MANAGEMENT

I'd like to try the following pain-management techniques:

- Hot shower and/or labor tub
- Breathing techniques/distraction
- Massage
- Pain Medication such as an epidural
- I would like to avoid an epidural if possible (but understand that it is available if needed)

VAGINAL BIRTH

I'd like:

- To have a waterbirth
- To view the birth using a mirror
- The room to be as quiet as possible
- To avoid an episiotomy, if possible

- To delay cord clamping for at least 2-3 minutes
- My partner to help cut the umbilical cord if appropriate and if the baby is doing fine

After birth, I'd like:

- To hold my baby right away, putting off any procedures that aren't urgent (standard practice at SGCMH)
- To breastfeed as soon as possible

C-SECTION

If I have a C-section, I'd like:

- My partner present for the birth
- The baby given to my partner as soon as he's dried, assuming he's in good health
- To breastfeed my baby as soon as possible after delivery

AFTER THE BIRTH

I plan to:

- Breastfeed exclusively
- Combine breastfeeding and formula-feeding
- Formula-feed exclusively

The following can be offered to my baby:

- Formula
- Pacifier
- Please don't offer anything but my breast milk to my baby

I'd like:

- 24-hour rooming-in with my baby
- The option of having my baby cared for in the SGCMH Nursery when I want to take a nap

or take a shower

- I'd like my other child(ren) brought into the room as soon as appropriate after the birth

If my baby is a boy:

- I'd like him circumcised at the hospital.
- I'll have him circumcised later.
- I don't want him circumcised.

I'd like for me and my partner to have a celebratory meal:

- With baby
- Without baby