

BIRTH PLAN CHECKLIST

Name: _____

Emergency Contact: _____

Direct questions to: _____

Number: _____



BEFORE BIRTH

Who will be with you

- Partner, Name: _____
- Doula, Name: _____
- Photographer, Name: _____
- _____

Equipment

- Birth ball ● Sheet for Pulling/Rebozo
- Water ● Squat Bar
- Tub ● _____

Clothing

- Hospital gown ● Own clothing

Questions during contractions

Comfort measures you want taken

- Low lights
- Essential oils and diffuser
- Music
- _____

Movement

- Walking the halls
- Moving around the room
- _____

Hydration

- IV placement ● Continuous fluids

Eating and drinking

VAGINAL VS. C-SECTION

Delivery preference

Type of anesthesia you prefer

When you want the cord clamped

Who you want with you in the OR

If you want a clear drape, or if you'd prefer one you can't see through

Who you want to stay with baby, if baby needs to go to the NICU

DURING LABOR

Comfort measures you want taken

- Walking halls ● Shower or tub
- Moving around the room ● Squat bar
- Birth ball or peanut ball
- _____

Induction/augmentation options you want or don't want

- Pitocin ● AROM ● Vacuum ● Forceps

Eating or drinking

- Brought food to eat and drink
- Ice chips/slushies from the hospital

Hydration

- IV placement ● Continuous fluids

Pain medication you want, or don't want, suggested

DURING DELIVERY

Birth positions you want to try/use

Prefer during delivery

- Episiotomy ● Tearing

Who will catch the baby

- Doctor ● Partner ● You

Immediately after delivery

- Skin to Skin
- Take baby to warmer to clean them up

NEWBORN CARE

Cord cutting

- Immediately
- Delayed, if so how long: _____

Vitamin K

- Administered immediately
- Delayed for the first hour

Erythromycin

- Administered immediately
- Delayed for the first hour

Hep B

- Administered immediately
- Delayed for the first hour

Golden hour

- Have baby skin to skin for first hour
- Have breastfeeding help during this time

Feeding preferences

- Breast ● Bottle

Rooming-in or nursery

- Have baby leave the room for examinations and/or so you can sleep
- Keep baby in the room