

Birth Plan

Labor

Labor at home as long as possible.

I wish to be left alone as much as possible. Medical staff should only enter when truly necessary and they should knock and announce themselves.

No pain medication should be offered by any nurse, Midwife or Doctor should be offered unless it is a last resort to avoid emergency or c-section.

No Pitocin should be offered or given at any time, please. Unless it is a last resort to avoid emergency or c-section.

We will utilize rebozo, oils, rice sock, massage, hot towels, and homeopathic options for pain.

Minimal vaginal check upon arrival. The midwife is requested to look but not touch if any other checks are needed.

No I.V. unless fluids are needed, and/or bag removed from lock.

I wish to eat, drink and move freely as desired.

Only intermittent fetal monitoring when truly necessary, please.

No internal fetal monitoring.

Any and all interventions should be explained and we will be given time to discuss together.

I wish to be able to labor in tub, on birth ball, birth stool, toilet or outside as desired.

My water should be allowed to break naturally.

Delivery

I would like to wait until I feel the urge to push.

I would like to push in any position that I feel comfortable.

No use of forceps or vacuum unless to avoid a C-section and then allowed time to discuss options.

No episiotomy unless I appear to be tearing upward toward the clitoris and then the cut should be minimal as to reduce tearing.

Father wishes to catch baby and cut the cord.

Placenta delivered naturally, placed in cooler and taken home.

Please do not pull on cord or push on stomach to deliver the placenta.

Please do not clean or wipe vernix from baby.

Please do not cut the cord until it is done pulsing. (Minimum of 10 min.)

Post Partum

No bath, please

No hat on baby

Any procedure on baby done in room, please or with a parent present

Baby will not leave Mother sight. If a medical emergency requires the baby to be taken, then the father will remain with the baby at all times.

No formula or supplemented foods are given without consulting parents and pediatrician, please.

APGAR done on mother.

I wish to go home as soon as possible.

Cesarean

Emergency situation only.

Only spinal anesthesia is given.

Shield lowered to see baby delivered or clear shield

Cord allowed to stop pulsing.

Please do not clean or wipe vernix from baby.

Skin to skin contact and breastfeeding ASAP.

Room in with baby at all times.

We wish to keep the placenta.

Sick Baby

Breastfeed baby only. Express milk if needed. Supplementation only after consulting with parents and pediatricians.

Free visitation by mother and father.

Allowed skin to skin contact.

Parents handle as much care as possible.

No procedures without parental consent.