**YOUR NAME |** HOME BIRTH PLAN

**BIRTH TEAM:**

* Husband/Partner:
* Midwife:
* Doula:

**\*\*PLEASE TAKE A LOT OF PHOTOS/VIDEOS – THE MORE THE BETTER! ESPECIALLY WHEN THE BABY IS BORN. I WOULD LIKE A LOT OF PHOTOS/VIDEOS WHILE LABORING TOO\*\***

**LABOR:**

**Environment:**

* Quiet, calm
* Allow me to be alone (as I request) When people are in, please keep talking to minimum.
* Please take pictures and videos as you can with our phones or yours. Doesn’t have to be pretty, I just would like to document as much as possible.
* Husband (insert name) would like to be hands on and work with our doula to provide support.
* Someone will be here to care for our dog (insert dog/pets name)

**Comfort Measures:**

* Priority: I want to listen to my body
* I am open to trying all comfort measures and labor positions. Please suggest if it looks like I may benefit from trying something if what I’m doing isn’t productive
* Would like to use water as much as possible (shower/birth pool)
* Please talk me through reasons for doing and suggesting things. I want to be involved in decisions and understand reasoning
* Massage, counter pressure, etc. would be great as requested
* I may have headphones in to stay clear

**Labor/Birth:**

* Please use fetoscope as much as possible. Keep Doppler use to an absolute minimum. Ideally, I would avoid Doppler use all together but am okay with using it during important times of medical need when fetoscope isn’t feasible.
* Don’t add anything to the birth pool (chemicals, etc.)
* No internal checks. If there’s a medical need we can discuss.
* Potential water birth, but may choose to be out of it for pushing (I will see what I prefer at the time)
* I want to listen to my own intuition for positions and when to push. Please only give guidance if you see something that I’m doing that’s not productive or of you ask and I say yes. I would ideally like to not push at all and have baby come by the fetal ejection reflex.
* I’d like to catch baby if possible, but be there to help as needed
* Drugs as a last resort in the event of a hemorrhage. Please try other methods first if possible (herbs, homeopathy, etc.) Last resort: Pitocin or other antihemorrhagic drugs.

**Placenta**

* Deliver placenta when it comes naturally, no cord pulling
* Delayed Cord Clamping until it turns white and stops pulsing. May choose to keep it attached for longer (lotus birth)

**After Birth:**

* After birth, I’d like some quiet time to establish nursing
* No Hep B shot
* No Vitamin K shot
* No eye ointment
* No rectal thermometer (use armpit)
* No bath (rub in vernix)
* Keep baby skin-to-skin and naked as much as possible
* Wait to perform newborn exam until after bonding time