**YOUR NAME |** HOSPITAL BIRTH PLAN

**\*DO NOT VACCINATE MOM OR BABY – NO VITAMIN K SHOT\***

We understand that not all births unfold according to plan, but we would like to have as natural of a birth as possible and appreciate your support in helping us have the following listed below. Please discuss with me any necessary medical inventions for baby or me and get my informed consent first.

**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/BIRTH:**

* I would like the time to talk with my midwife, doula and partner any time a medical intervention is proposed before making a decision.
* No pharmaceuticals (Pitocin, epidural, etc.)
* Free movement, let me choose birth position, no coached pushing
* No IV
* Natural water rupture
* No internal checks
* Intermittent monitoring-keep Doppler use to absolute minimum
* No episiotomy-let me tear naturally
* No students
* Touch baby when crowning/use mirror
* No routine antihemorrhagic medicines after my birth, unless absolutely necessary

**AFTER DELIVERY:**

* **Baby stays with Mom or Dad at ALL times**
* Immediate skin to skin, Breastfeed ASAP
* Delayed cord clamping - I will let you know when
* Deliver Placenta unassisted
* Save placenta
* No Hep B shot
* No Vitamin K shot
* No eye ointment
* No bath (rub in vernix)
* Golden Hour for bonding - Delay exams
* No circumcision if it’s a boy
* No pacifiers, formula or sugar water - breastmilk only

**DOULA/MIDWIFE NOTES:**

* I do not want to be in the hospital, so I will need extra support through this
* Please help me work with staff to have this be as gentle as possible and least traumatic for baby and I
* My husband will need extra help in navigating speaking to staff if I am unable to speak for myself. Please remind him of my wishes according to the birth plan to ensure they are followed

**EMERGENCY C-SECTION BIRTH PLAN**

**C-SECTION BIRTH:**

* No students
* Baby placed on chest asap, Dad hold baby if not immediately possible
* I would like to be awake, if possible
* Breastfeed ASAP
* We would like to announce sex of baby
* **Baby stays with Mom or Dad at ALL times**
* Hands free to touch baby
* No medication that may make it difficult to remember birth
* Delayed cord clamping, don’t cut until I give verbal yes
* Golden Hour for bonding-delay exams
* Vaginal swab for baby (gentle c-section)
* Save placenta
* No Hep B shot
* No Vitamin K shot
* No eye ointment
* No bath
* No circumcision if it’s a boy
* No pacifiers, formula or sugar water - breastmilk only
* Allow for photograph/film

**IF MY BABY IS SICK AND NEEDS INTENSIVE CARE:**

* I would like my baby to have breast milk as soon as possible
* I would like to hold my baby as soon as possible
* I would like to photograph/film my baby

**DOULA/MIDWIFE NOTES:**

* This is the last thing I want, so I will need extra support through this
* Please help me work with staff to have this be as gentle as possible and least traumatic for baby and I. My husband will need extra help in navigating speaking to staff if I am unable to speak for myself. Please remind him of my wishes according to the birth plan to ensure they are followed.