



Birth Plan

- A conversation starter... Not a contract -

♥ My Support Team...

- _____
- _____
- _____

- COPY OF "WELCOME TO LABOR AND DELIVERY" 

🌈 Labor Environment

- Lights dimmed
- Quiet Environment
- Music Playlist
- Limited Visitors
- Minimal Interruptions
- Aromatherapy (if allowed)
- Mirror
- No students

🔄 Mobility & Positioning

- I would like freedom to move
- I prefer intermittent monitoring
- Please change my position frequently with epidural
- Peanut ball/birthing ball
- Wireless monitors if available

🌈 If plans change...

My priority is:

- Safety for me
- Safety for my baby
- Clear communication
- Feeling Supported

💬 Communication

Preferences

- Please explain procedures before performing
- Include my partner in discussions
- Gentle tone is important to me
- I need active encouragement during pushing

🩺 Medical Interventions

- Induction
- Augmentation
- Assisted Delivery
- C-Section (if needed)

♥ Pain Management...

- Breathing & Movement
- Shower/Tub (if available)
- IV pain medicine
- Epidural
- Nitrous Oxide
- I'm unsure – I'd like guidance

👶 Baby Care Preferences

- Delayed cord clamping/Partner to cut
- Immediate Skin to Skin
- Breastfeeding support
- Vitamin K
- Erythromycin Eye Ointment
- Hepatitis B in the hospital
- No Bath