

Creating a Birth Plan

Together, making your experience a precious beginning

Use this checklist as a guide for discussion with your health care provider. A written birth plan helps inform members of your medical team – such as your labor-and-delivery nurse – about your preferences when you're in active labor.

My Name/Nickname:

My Partner's Name:

My Physician:

Your Pregnancy History:

- High Risk Pregnancy
- RH Blood Type
- Gestational Diabetes
- Previous C-Section
- History of Herpes
- Hearing or Vision impaired

- I have had prenatal care
- I have taken birthing classes

Environmental Preferences

- Dim lights
- Music
- Quiet
- No students or interns
- Ability to get up and walk around
- Ability to have a photographer present

Labor Preferences

Discuss these items with your health care providers and nursing staff. Verify which options are available to you.

- I would like my labor partner with me at all times.
- Let my water break naturally.
- I prefer no induction methods.
- I would like to use props.

- I would like all procedures or updates in my care explained to me in detail.
- I would like natural pain relief techniques only. Please don't offer me any pain medications.
- I would like to be offered an epidural and other pain options as soon as possible.
- I would like to push when I feel the urge.

- I would like to be coached to push and for how long.
- I would like to choose a labor position.
- I would like to view by baby's birth in a mirror.
- I would like to touch my baby's head as it crowns.
- If I have to have a C-section, I would like to be able to view the birth.

After Delivery

- I would like my partner to cut the umbilical cord.
- I would like to hold my baby skin-to-skin immediately after delivery.
- I would like to delay newborn procedures such as bathing and measuring for the first hour so that I can feed and bond with my baby.
- I would like all procedures done to my baby explained to me and my partner.
- I will be exclusively breastfeeding my baby while in the hospital.
- I would like to meet with a lactation consultant.
- I would like to be consulted before my baby is offered a bottle or a pacifier.
- If my baby's a boy, I want him to be circumcised.



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