

# *BTB* Birth Plan Worksheet

Using online resources, I encourage you to customize your birth plan or try the interactive birth plan creator located under the Belly to Babies Resources tab. While one of my top priorities is to ensure everyone attending your birth listens to your preferences, unforeseen circumstances may cause changes. Please bring three copies of your wishes to the facility.

## **Things to consider:**

Whom you want to accompany you in labor

Anyone you do not want present  
(i.e. medical students)

Birth environment including:

- Apparel
- Lighting
- Music
- Photography

Preferences about eating, drinking (vs. IV) and mobility

Birthing equipment that might make your labor more comfortable (ball, bar, stool)

Pain management techniques:

- Aromatherapy
- Bath/shower
- Breathing
- Hot/cold therapy
- Massage
- Medication
- Self-hypnosis

Any birth rituals

Crowning conditions:

- Birth mirror
- Episiotomy vs. tearing
- Partner's help
- Touching your baby
- Quiet room

Note allergies, Group B Strep, medical conditions, special diet, and / or vision correction

Course of action if problems arise

Immediately following birth:

- Holding your baby, timing of non-urgent procedures (eye ointment, vitamin K, and Hepatitis B)
- Delayed cord cutting or banking
- Who will cut the umbilical cord
- Initiating breastfeeding

Cesarean section:

- Partner and/or Doula present
- Explain the procedure
- Initiating contact and / or breastfeeding

Postpartum:

- Lactation consultation
- Parent involvement in decision making and procedures
- Partner stays with baby at all times

Feeding:

- Breast or SNS
- State if nothing is to be offered to baby (i.e. pacifier)

Circumcision

Checking out of the hospital early