

# Your personalized birth plan

A birth plan is a valuable tool for communicating your desires for such things as pain relief, delivery methods, infant feeding and newborn care. While it's important to remember that we can't predict what will happen during your labor and delivery, we'll do our best to help you have the birth experience you want.

To help you get started on a birth plan, we've created this template for you to complete.

## BIRTH PLAN FOR

Your Name \_\_\_\_\_

### My plan for pain control:

- To have an un-medicated birth. I will request pain medication, if desired.
- To use pain medication during labor.
  - Nitrous oxide
  - Intravenous pain medication
  - Epidural
- To use the following comfort measures for as long as possible before requesting pain medication:
  - Breathing techniques
  - Birthing ball
  - Warm water of a tub or shower
  - Changing positions
  - Hot/cold therapy
  - Other (hypnosis learned in class, TENS unit, etc.)

I would like this person to cut the umbilical cord (name of companion or birth support person): \_\_\_\_\_

### For my placenta and umbilical cord, I would like to:

- Take home     Dispose
- Provide my own cord blood collection kit

### For my newborn's nourishment, I plan to:

- Breastfeed
- Formula feed
- Unsure how I'll feed my baby. I'd like more information.

### Visitors:

**For our current visitation policy, visit [bch.org/baby](http://bch.org/baby).**

Companion name \_\_\_\_\_

Birth support person name \_\_\_\_\_

### Additional requests:

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### Our routine newborn care includes:

- Skin-to-skin contact with your baby after birth
- Delayed infant bathing
- Feeding your baby on demand (feed on cue)
- Delayed use of the pacifier (for breastfeeding moms)
- Avoidance of supplemental feedings with formula (for breastfeeding moms)
- When requested, vitamin K, eye antibiotics and/or Hepatitis B vaccine

**Please discuss routine care questions or concerns with your physician or midwife.**