

# BIRTH PLAN FOR BABY SMITH

## Team Baby *Smith*

Mother:

Partner:

Doula:

Doctor:



## Background Info:

We plan to have a natural childbirth if possible, but are open to an epidural if needed. We would like the birth to proceed with as many as the following preferences as possible as long as things are normal and neither the child nor mother are in medical danger. *List any allergies or sensitivities*

## First Stage of Labor:

- To have a quiet and calm birthing room
- Quiet nurses with calming encouragement for natural birth
- Minimal number of vaginal exams

## Second Stage of Labor

- Partner/Mom and Doula present at all times
- No internal monitoring in the absence of fetal distress
- To allow labor to take its natural course without references to “moving things along”
- To assume a birthing position of choice that will least likely require an episiotomy
- Episiotomy only if necessary and only after consultation
- Partner to remain with the baby in the event of surgical procedure
- Allow up to 30 minutes if necessary for natural placenta delivery: Uterine massage to assist birth of placenta

## After Birth

- Delayed cord clamping and cutting until after pulsation has ceased
- Partner or Mom to cut the cord
- Skin to skin contact with baby *Breastlove* immediately after the birth

*Notes: Share any past birth experiences that you would like to avoid. Short wishes for nurses.*

**We wish to thank everyone in advance for their assistance during this special experience for our family.**