

Birth plan for Baby Hernandez

Team baby girl Hernandez

Mother: Hernandez

Father/birth partner: Hernandez

Doula: Jen

Doctor: group

Background info:

I have prepared and would love to be as comfortable as possible during my birth experience. I would like to labor a little while on my own, but I'm fine with an epidural to help me through the process.

I do suffer with Hyperalgesia, so I have worked with my Doula to help me work through any extra discomforts I feel if the epidural doesn't work.

ALLERGIES: egg, rice, soy, gluten, cranberries, NO simulants-PLEASE CONSULT ME BEFORE GIVING ANY MEDICINE.

First stage of labor:

- Try to labor a little while naturally after induction
- At a 5 centimeter dilation, get an epidural
- Have a quiet and a calm room
- Low lights, music, turn monitors down
- No other family members in the room

Second stage of Labor:

- Husband and doula present at all times
- Just keep comfortable
- No episiotomy

After Birth:

- Would like skin to skin with baby
- Delay cord clamping and cutting until after pulsation has ceased. Father will cut the cord.
- Delay first bath and newborn check up for an hour. I'd like to be with the baby first.
- No eye drops
- Yes vitamin k
- Yes on PKU test

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