**BIRTH PLAN FOR**

**Labour**

Location

[ ]  I would like to give birth at home

[ ]  I would like to give birth in a midwifery birthing center

[ ]  I would like to give birth in a maternity unit in hospital

Support people allowed in L&D room.

Planning for

[ ]  an unassisted vaginal delivery

[ ]  an assisted vaginal delivery

[ ]  a cesarean section delivery

[ ]  a vaginal birth after a c-section delivery

Delivery room atmosphere

[ ]  music

[ ]  dim lights

[ ]  free movement

[ ]  food and/or drinks

Foetal monitoring

[ ]  continuous

[ ]  intermittent

Induction methods

[ ]  sweeping the membrane

[ ]  breaking your water

[ ]  prostaglandins

[ ]  balloon catheter

[ ]  Pitocin

Pain management

[ ]  epidural

[ ]  spinal block

[ ]  opioids

[ ]  nitrous oxide gas

[ ]  breathing techniques

[ ]  massage

[ ]  counterpressure

[ ]  aromatherapy

[ ]  hydrotherapy

[ ]  hot and/or cold compresses

Labouring Tools

[ ]  birthing ball

[ ]  peanut ball

[ ]  squat bar

[ ]  stool or chair

**Delivery**

Delivery Position

[ ]  semi recline

[ ]  lying on side

[ ]  squatting

[ ]  standing

[ ]  kneeling on all fours

[ ]  water birth

Episiotomy

[ ]  Yes

[ ]  No

[ ]  No preference

Keep the placenta

[ ]  Yes

[ ]  No

In case of a C-section

[ ]  full drape

[ ]  clear drape

[ ]  dominant arm free of monitor cuffs and IV

**For Baby**

Skin-to-skin

[ ]  Yes, me first

[ ]  Yes, partner first

Cord clamping

[ ]  delayed clamping

Cord cut by

Feeding

[ ]  breastfeeding

[ ]  formula

[ ]  donor milk

[ ]  combination

Vaccinations, Vitamins, Medication

[ ]  hepatitis B

[ ]  vitamin K

[ ]  erythromycin eye ointment

First bath

[ ]  delayed

[ ]  right away

Circumcision (If applicable)

[ ]  Yes

[ ]  No

Nursery

[ ]  Yes

[ ]  No, room with you