

Birth Plan Example With Summary

Birth Plan for:

Partner:

Provider:

Doula:

SUMMARY

- *I prefer a vaginal delivery with no medical intervention*
- *This is my second baby; first delivery was 3 hours of labor*
- *I am GBS-positive*

DURING LABOR

For atmosphere, I prefer:

- *Limited visitors*
- *Dim lights*
- *Labor playlist*

Labor tools:

- *Birthing bar*
- *Birthing ball*

For hydration I prefer:

- *Ice chips and pops*
- *If needed, saline lock over IV*

For pain:

- *Warm shower*
- *Massage*
- *Deep breathing*

Explain all procedures before moving forward

RECOVERY

- Do not wake me unnecessarily
- Allow partner to feed baby with pumped milk if I'm sleeping

BABY CARE

- All newborn vaccines given before leaving hospital
- At least one parent will be with Baby at all times
- Breastfeeding / Partner will offer pumped breastmilk
- Circumcision to be performed by _____ before leaving the hospital