

Condensed Birth Plan Template

Name: _____

Care Provider: _____

Partner: _____

Baby's Doctor: _____



DURING LABOR

- Dim lights
- Minimal visitors
- No students
- Playlist
- Pitocin if needed

PAIN MANAGEMENT

- Epidural when requested

DURING DELIVERY

- Mirror for pushing
- Kneeling
- No forceps or vacuum
- Standing
- Semi-reclined

IN CASE OF A C-SECTION

- Partner remains with me
- Keep curtain up during delivery
- Partner holds baby immediately

AFTER DELIVERY

- Delayed cord clamping
- Partner cuts cord
- Delayed newborn procedures for 1 hr
- Birth placenta naturally

NEWBORN CARE

- Immediate skin-to-skin
- Exclusive breastfeeding
- Delay bath
- Room with Baby unless I'm asleep