

Happiest Baby Birth Plan Template

Download this fill-in-the-blank birth plan to better understand and express your birth preferences.

Name + pronouns: _____

Partner info: _____

Provider info: _____

Support team info: _____

Pediatrician info: _____

Medical Need-To-Knows

Allergies _____

Fear of needles

Gestational diabetes

Group B strep positive

Preeclampsia

Prior birth trauma

Prior c-section

Rh incompatible with baby

STI _____

Other _____

I plan for this type of delivery:

Vaginal

VBAC

C-section

Water birth

My L&D support team includes:

Partner

Parent

Older children

Doula

Other: _____

During labor, I prefer:

Partner/support person present throughout

Music

Dim lights

Aromatherapy

Quiet room

Few interruptions

Limited vaginal/cervical exams

No residents or interns

To wear own clothes

Photography/videography allowed

To hydrate with liquids, ice chips + pops

Stand/walk around (first stage)

Shower/bath (first stage)

Lay down

No catheter

Heparin/saline lock over IV



I prefer fetal monitoring...

- Only if baby is in distress
- To be continuous
- To be intermittent
- To be internal
- To be external
- To be done via doppler

If labor slows, I prefer:

- Natural methods to augment labor
(ie nipple stimulation)
- Rupturing the membranes/break water bag
- Pitocin

My preferred strategy for pain relief includes:

- Deep breathing
- Hypnobirthing
- Massage
- Nitrous oxide
- Meditation
- Epidural
- TENS Unit
- Walking epidural
- Birthing ball
- Counter pressure
- Shower/bath
- Patient-controlled analgesia
- Pudendal block
- Epidural
- Please do not offer pain medication,
allow me to ask

**My preferred delivery positions, include:**

- Squatting
- Semi-reclining
- Side-lying
- Hands and knees
- Kneeling
- Standing
- Leaning on support person
- Birth bar
- Birthing stool
- In a birthing tub

During delivery, I prefer to:

- Spontaneously push
- Push as directed
- Allow epidural to wear off during pushing
- Maintain full epidural strength
- Use a mirror
- Touch Baby's head during crowning
- Avoid forceps
- Avoid vacuum
- Allow partner to catch baby

My stance on episiotomies is....

- Try perineal massage/warm compresses first
- Do it to avoid any tear
- Do it if there's a risk of a serious tear
- Only with local anesthesia
- It's a last resort

If a c-section is necessary, I prefer:

- A second opinion
- ECG leads on back
- The surgery to be explained as it happens
- My support person to stay with me
- To remain conscious
- A spinal or subarachnoid block
- An epidural
- To watch my baby be born
- Freedom to move my arms and hands
- Vaginal seeding



Immediately following delivery, I'd like to:

- Have my support person to cut the umbilical cord
- Delay cord clamping
- Leave vernix intact
- Bank cord blood
- Donate cord blood
- Deliver placenta naturally (expectant/physiological management)
- See the placenta
- Save the placenta
- Skin-to-skin
- Breastfeed
- Have my support person accompany my baby to the nursery

I prefer to hold my newborn:

- Immediately after delivery
- Immediately after support person if I'm unable
- After newborn exam
- Before eye ointment is used
- After being wiped clean and swaddled



I'd like my newborn to receive:

- Only breastmilk
- Pumped breastmilk
- Donor milk, if needed
- Infant formula
- Infant formula, only if necessary
- A combo of breastmilk and formula

I'd like my baby to be in my room...

- Always
- When I'm awake
- During the day
- When I request them



When it comes to baby care, I'd like to...

- Delay screening, for 1 hour after birth
- Delay vitamin K shot for 1 hour after birth
- Delay Hepatitis shot for 1 hour after birth
- Delay Hepatitis shot until pediatrician visit
- Delay bath until at least 24 hours after birth
- I/support person give baby their first bath
- See a lactation consultant
- Avoid sugar water
- Avoid pacifiers

If we have a boy, circumcision will:

- Occur in the hospital
- Be performed with local anesthetic
- Be done in the presence of me and/or my support person
- Occur outside the hospital
- Not be performed