

SAMPLE BIRTH PLAN 1

Here are two birth plans to use as a general guide when creating your own. Although these are examples of couples wishing for a natural childbirth experience, birth plans are really for all couples. There are many aspects of the birth experience as you will see below besides whether or not you wish for pain medication.

Some helpful websites on writing birth plans include the following:

BirthNet

<http://www.birthnewyork.org/birthnet/basicinfo/birthprefs.shtml>

Childbirth

<http://www.childbirth.org/articles/birthplans.html>

STATEMENT OF PURPOSE

My partner and I have planned and prepared for a peaceful and natural childbirth. We would like to allow our labor and delivery to unfold naturally, with as few interventions as possible. We would like to be informed about all procedures and tests before they are performed. We want to be aware and informed of all of our options in the event of an unexpected emergency.

OUR PREFERENCES

- Labor and delivery will take place: at home, in a freestanding birth center, in an alternative birthing center within a hospital, in a small hospital, in a teaching/large hospital.
- Partner or labor coach, doula, and midwife present throughout labor and birth
- Children present throughout labor and birth
- Freedom to walk, move, and change positions as desired throughout labor and birth
- Freedom to eat and drink throughout labor and birth
- Use of the shower or a tub as desired
- Ability to use relaxation and pain relief methods as desired, including herbal therapy, homeopathy, and aromatherapy
- Ability to control the environment including temperature, lighting, and music
- Use of gentle, controlled pushing
- Use of an upright labor position
- Massage and support of the perineum to avoid tearing
- Natural methods of strengthening labor, if needed, such as walking and nipple stimulation
- After the birth, immediate contact between mother and baby: baby placed on mother's chest, breastfeeding encouraged, mother and baby left undisturbed for one hour following birth, and any newborn procedures performed afterward
- Delay of clamping and cutting umbilical cord until blood stops pulsing
- Placenta delivered spontaneously
- Give parents full informed choice regarding all newborn procedures, including eye ointment, Vitamin K injection, PKU test.
- All baby examinations done with the permission, and in the presence, of a parent

WHAT WE WISH TO AVOID

- Medications. Please do not offer pain relief. We will use natural pain relief methods.
- Shaving
- Enemas or IV [IV is often automatically hooked up upon arrival. May not be assumed under drugs]
- Electronic fetal monitoring
- Stripping of membranes or breaking of bag of waters
- Use of Pitocin or other drugs to induce, speed up, or strengthen labor
- Supine (laying down) position for pushing stage
- Episiotomy
- Use of forceps or vacuum extraction
- Supplemental bottle-feedings
- Unnecessary medical tests and procedures, such as medical circumcision



SAMPLE BIRTH PLAN 2

BIRTH PLAN FOR (NAME) _____

For the labor and delivery, medical circumstances permitting, we would like to keep the environment calm and quiet, that our privacy and the mother's wishes be respected.

* Mother is allergic to Penicillin

SPECIFICALLY, WE REQUEST

- The right to give our informed consent to all medical procedures before they are performed.
- Dim lighting.
- Quiet voices.
- No medical students without our consent.
- That our birthing coach (name), the father (name), be in the room with the mother or in the nursery with the baby at any time.
- That the mother labor in any position.
- That the mother be allowed to use the shower/tub for labor and if circumstances allow for birthing.
- That the mother not be encouraged to use medication by the medical staff.
- That an IV be delayed as long as reasonable.
- That a fetal heart monitor be used intermittently and as unobtrusively as possible.
- That the mother be given perineal massage or warm compresses.
- That our baby's head and the body be delivered at its own pace without manipulation by the physician, if possible.
- That in accord with the procedure described above, the third stage of labor, the birthing of the placenta, be allowed to proceed at its own pace and that manual removal be performed only when discussed with patient..
- That the baby be brought to the mother's chest as soon after birth as possible.
- That the mother be allowed to nurse the baby as soon after giving birth as possible, and that no supplemental feedings be given at any time.
- That the parents may handle the baby for as long as possible immediately after delivery.
- ***That a blood sample for a CBC be drawn from the cord immediately upon delivery in order to determine baby's platelet count.***
- That the father be allowed to cut the cord, only after it has stopped pulsating.
- That the non-irritating eye ointment be delayed until two (2) hours after birth.
- That, the mother be in a private room for the rest of her stay (if available).

Midwife's Signature

or

Physician's Signature