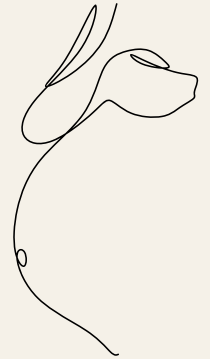


Birth goals explained



This birth template is designed for you to read and learn about your options. Pick and choose what you want for your birth, write them down, discuss your preferences with your OB/Midwife at a prenatal appoint. Print out 3 copies for your hospital bag: 1 for you, 2 for your nurses

Reminder that a birth plan is not set in stone but more of a road map to your destination.

<i>What is <u>most</u> important to me:</i>	This is a place to communicate goals and preferences that are the most important to you.
<i>What I am worried about & like to discuss:</i>	Discussing worries with your healthcare team will help lessen your anxieties, release fears built up in your head, and help you gain confidence and go into birth with a clear mind
<i>Questions I have:</i>	No question is too small or dumb. Ask anything!

In Labor...

<i>Environment I'd like to create</i>	Examples: Dim lighting, bringing lighting from home (string lights, fake candles), music, keeping the room quiet, lessen alarms/distractions, allowing/not allowing students
<i>Comfort measures I'd like to try</i>	<p>Common comfort measures offered in hospitals (your hospital may not have all of these options): Birth ball, peanut ball, shower/tub, aromatherapy</p> <p>Comfort techniques in labor: massage, counter pressure, frequent position changes/free movement, heat/cold compresses, TENS unit, meditation/breathing techniques, positive affirmations, wear own clothes</p>
<i>Pain management plan</i>	<p>Common pain management offered in hospitals (your hospital may not have all of these options):</p> <ul style="list-style-type: none">● Nitrous oxide (laughing gas)● IV pain meds● Epidural● Sterile water injections (this option not as common)● Pudendal block

If induced or need medication I prefer...

- Non medicinal ways to get labor started/continued: membrane sweep, foley balloon, nipple stimulation, positional changes, breaking the water
 - Medicinal options: cervical ripening agents (when cervix is not yet ready for labor) & pitocin
 - Whatever the doctor/midwife recommends for my labor at the time
-

Birth

While pushing I would like...

Options while pushing:

- Push when you feel the urge,
 - Have nurse teach/direct your pushing vs no directed pushing/have body push
 - Use a mirror to see progress/birth
 - Push in different positions
 - Warm compress applied to perineum while pushing
 - Have nurse/doc gently massage/stretch perineum while pushing OR hands off the perineum
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During birth I would like...

Birth options:

- Touch baby's head when crowning
 - Doc/ partner/ myself catch baby
 - Deliver in a certain position: back, side lying, hands & knees, squatting
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In the case of a c-section...

During the birth...

Birth options:

- Support person to remain with me the entire time
 - The birth/surgery explained while it is happening
 - Have music playing on my phone
 - A clear drape or the drape lowered so I can see the birth
 - Skin-to-skin as soon as possible
 - skin-to-skin with support person in the operating room if I am unable to
-

After Birth

<i>Umbilical cord...</i>	<input type="checkbox"/> Delay cutting cord <input type="checkbox"/> Me or Partner cut the cord <input type="checkbox"/> Doctor/midwife cut the cord	<i>Placenta</i>	<input type="checkbox"/> See the placenta before discarded <input type="checkbox"/> Take placenta home with me
<i>Place baby</i>	<input type="checkbox"/> skin to skin immediately <input type="checkbox"/> to the warmer to be wiped down first	<i>Baby Medications</i>	<input type="checkbox"/> Antibiotic eye ointment <input type="checkbox"/> Vitamin K injection <input type="checkbox"/> Hepatitis B vaccine
<i>Feeding plan for baby</i>	<input type="checkbox"/> Breastfeeding <input type="checkbox"/> Formula Feeding <input type="checkbox"/> Exclusive pumping <input type="checkbox"/> Combo <input type="checkbox"/> I would like to see a lactation consultant as soon as they are available	<i>Questions & other preferences for myself/baby after birth...</i>	Examples: Pacifier preference, delaying baby bath, if a boy: circumcision or not

This is a special moment in your life. The healthcare team is here to help teach & guide you through birth and postpartum but **YOU** are the one in charge of your own body & baby. You and your partner have the power. Speak up & ask questions if you are confused or something doesn't seem right.

Remember to use your **BRAIN**



Benefits : what are the **benefits** of making this decision?

Risks : what are the **risks**?

Alternative : is there an **alternative**?

Intuition: What is my **intuition**/ gut telling me?

Nothing : what happens if we do **nothing**? (or **wait** 1 hour and reassess)

When it comes to making decisions during birth & postpartum you can always ask for time and space to discuss privately. You can decline anything in healthcare (even if it's policy... policy does not equal the law). Remember that the healthcare workers are people too- we hopefully should not be scary. Ask us any clarifying questions until you feel satisfied with your options and choices.

I am so excited for you to experience this amazing journey of parenthood. Buckle up- it's a wild ride.