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Natural hospital birth plan template

birth plan

Name: _____	Partner's Name: _____
Due Date: _____	Doctor's Name: _____
Midwife/Doctor: _____	Delivery to take place at: _____
no delivery intended: <input type="checkbox"/> vaginal	<input type="checkbox"/> Caesarian
<input type="checkbox"/> Water birth	<input type="checkbox"/> VBAC
RISKS NOTE	
<input type="checkbox"/> I am GBS positive <input type="checkbox"/> I have gestational diabetes <input type="checkbox"/> Allergies: _____	
Have your partner brought to the preferences during and after labor and how outlined from below.	
I understand that there are guidelines and that other circumstances may not be followed.	
I hope that you will honor these wishes and allow me to experience the birth I hope for.	
During labor	
During labor I would like: <input type="checkbox"/> To have my partner <input type="checkbox"/> To walk my own choice <input type="checkbox"/> To have intermittent fetal monitoring <input type="checkbox"/> To have my partner to be present the entire time <input type="checkbox"/> To walk and move freely <input type="checkbox"/> To have my partner to be present the entire time <input type="checkbox"/> To walk and move freely	
Other notes: _____	
Fetal Monitoring	
I would like: <input type="checkbox"/> Continuous <input type="checkbox"/> Intermittent <input type="checkbox"/> Internal <input type="checkbox"/> External <input type="checkbox"/> Doppler only <input type="checkbox"/> Performed only if baby is in distress	
Other notes: _____	
Labor Induction/Augmentation	
<input type="checkbox"/> I prefer to attempt all natural methods but such as oxytocin, nipple stimulation, Pitocoin, herbs, Essential Oils, _____ <input type="checkbox"/> Pitocoin <input type="checkbox"/> Prostaglandin <input type="checkbox"/> _____	
Other notes: _____	

Jane and John Smith Birth Preferences

Hospital Admittance

- I am GBS+ and would like the option of receiving IV antibiotics on an outpatient basis or be on the IV for the shortest amount of time possible.

Environment

- During labor, I would like only John and my doula to be present. No guests.
- Please keep my door always closed during labor.

Pain Relief / Monitoring

- I prefer not to have an IV continuously.
- Please only offer pain medications if I ask for them.
- I prefer the baby to be monitored with intermittent fetal monitoring.

Labor / Birth

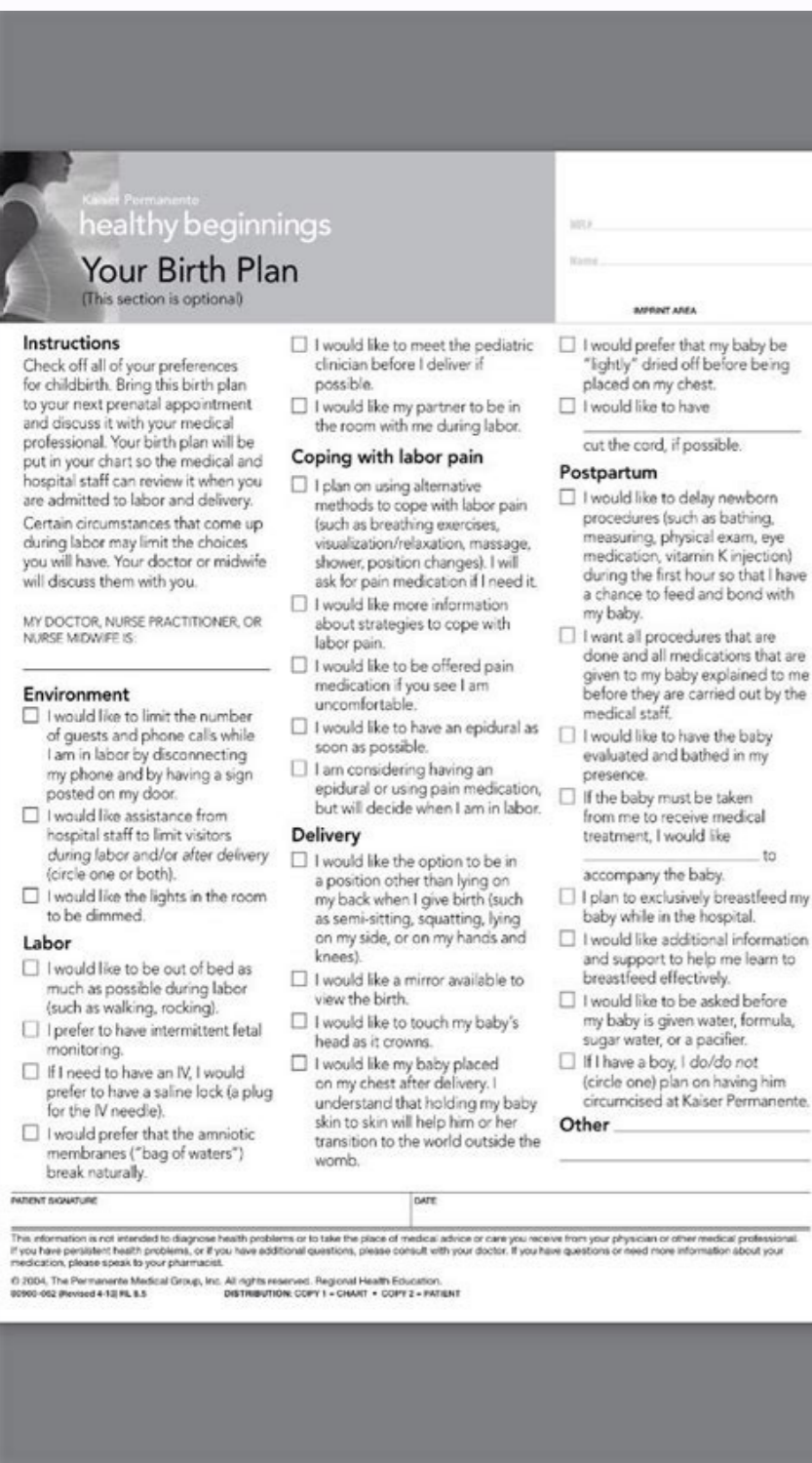
- I would like to freely move around and try many positions while in labor.
- I prefer not to have episiotomy.
- I prefer to push instinctively. I do not want to be told how or when to push.
- Please place the baby against my skin with a blanket over her.
- Please do not separate the baby from me unless medically necessary.
- Please delay all routine procedures on baby to facilitate bonding.
- I would like to initiate breastfeeding as soon as possible.
- Please wait for the umbilical cord to stop pulsing before it is clamped.
- I would like to delay routine pitocin after delivery unless there is heavy bleeding.

If a cesarean becomes necessary:

- I would prefer John to be present during the surgery.
- If it is not an emergency, I would like to stay conscious during the surgery.
- I would like contact with the baby as soon as possible.
- If everyone is healthy, I would like to breastfeed in the recovery room.
- I would like the baby to stay with me at all times if possible.

Newborn Procedures

- I would like to delay the erythromycin eye ointment for one hour so we have time to bond.
- Please do not bathe our baby.
- My baby is to be exclusively breastfed.
- Please do not offer artificial nipples without our consent.
- Please allow me to hold or nurse my baby while injections are given or blood is being drawn for routine procedures.
- During our stay, I would like to have full rooming in with the baby unless she is sick.
- I would like privacy during my stay and for visitors to be limited.



Instructions
Check off all of your preferences for childbirth. Bring this birth plan to your next prenatal appointment and discuss it with your medical professional. Your birth plan will be put in your chart so the medical and hospital staff can review it when you are admitted to labor and delivery. Certain circumstances that come up during labor may limit the choices you will have. Your doctor or midwife will discuss them with you.

Environment
 I would like to limit the number of guests and phone calls while I am in labor by disconnecting my phone and by having a sign posted on my door.
 I would like assistance from hospital staff to limit visitors during labor and/or after delivery (one or both).
 I would like the lights in the room to be dimmed.

Labor
 I would like to be out of bed as much as possible during labor (such as walking, rocking).
 I prefer to have intermittent fetal monitoring.
 If I need to have an IV, I would prefer to have a saline lock to plug for the IV needed.
 I would prefer that the amniotic membranes ("bag of waters") break naturally.

Coping with labor pain
 I plan on using alternative methods to cope with labor pain (such as breathing exercises, visualization/relaxation, massage, shower, position changes). I will ask for pain medication if I need it.
 I would like more information about strategies to cope with labor pain.
 I would like to be offered pain medication if you see I am uncomfortable.
 I would like to have an epidural as soon as possible.
 I am considering having an epidural or using pain medication, but will decide when I am in labor.

Delivery
 I would like the option to be in a position other than lying on my back when I give birth (such as semi-sitting, squatting, lying on my side, or on my hands and knees).
 I would like a mirror available to view the birth.
 I would like to touch my baby's head as it crowns.
 I would like my baby placed on my chest after delivery. I understand that holding my baby skin to skin will help him or her transition to the world outside the womb.

Postpartum
 I would like to delay newborn procedures (such as bathing, measuring, physical exam, eye medication, vitamin K injection) during the first hour so that I have a chance to feed and bond with my baby.
 I want all procedures that are done and all medications that are given to my baby explained to me before they are carried out by the medical staff.
 I would like to have the baby evaluated and bathed in my presence.
 If the baby must be taken from me to receive medical treatment, I would like _____ to accompany the baby.
 I plan to exclusively breastfeed my baby while in the hospital.
 I would like additional information and support to help me learn to breastfeed effectively.
 I would like to be asked before my baby is given water, formula, sugar water, or a pacifier.

Other

The information you are expected to disclose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have possible health problems or if you have additional questions, please consult with your doctor. If you have questions or need more information about our medication, please speak to your pharmacist.
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Kaiser Permanente 12/16/15 11-100001 - 10/15/15 - 10/15/15

Birth Plan
Danielle Butler
DOB: 8/6/85

LABOR:

- Quiet environment (except music), dim lighting
- Jonathan Butler (husband), Tracey Rainey (mother), & Jade Butler in delivery room

I would like to be able to:

- stay hydrated with clear liquids; light snacks
- be able to walk around freely & use the restroom
- to use distraction techniques, shower/tub, birthing ball, hot/cold therapy, massage, & breathing as relaxation tools (coached by Jonathan)
- try various pushing positions
- be allowed to progress freely & have intermittent monitoring
- be coached on pushing as well as follow my body's instincts
- warm compresses/perineal massage during crowning
- INT places between antibiotic treatments

I would like to avoid:

- induction, artificial rupturing of membranes, pain medication/epidural, internal monitoring, episiotomy, Cesarean section, IV (hep lock preferred)

*The health of the baby is the most important factor. We are open to the suggestions and advice of the doctors as well as what is medically necessary to insure the healthiest possible outcome for both mom and baby. We are flexible, but have done as much as possible to prepare for natural childbirth.

AFTER DELIVERY:

- Skin to skin with mom immediately
- Wait for umbilical cord to quit pulsating before being clamped and cut
- Lidocaine injections if tissue repairs are necessary

POST-PARTUM:

- Breastfeed immediately (or as soon as possible) & exclusively
- No bottles or pacifiers
- To change to my own hospital gown after delivery & before moving to post-partum room
- Circumcision performed before leaving hospital (please use numbing cream or Lidocaine injections before performing procedure)
- To stay at the hospital as long as possible before discharged

HOSPITAL BIRTH PLAN

Baby Estimated Delivery Date:

Mother:
Father:
Midwives / Doctor:
Emergency numbers:

- Hospital Birth Plan**
- After birth:
- No circumcision (male or female)
 - No Hepatitis B vaccine (we have both been tested negative for Hepatitis B in recent blood tests)
 - No Vitamin K shot (we will do oral vitamin K with our pediatrician)
 - Do not administer antibiotics (I have tested negative for Group B Strep)
 - Do not administer Synagis to our child (whether premature or full-term)
 - No antibiotic ointment in newborn's eyes (I have tested negative for all sexually transmitted diseases)

If it is medically necessary for me to give birth in a hospital:

- No Electronic Fetal Monitor unless necessary to save my child's life
- I do not wish to receive any induction or pain medication (if you must induce, use Pitocin and NOT Cytotec)
- Please do not ask me, in the midst of labor, if I want pain medication, I wish to give birth without medication
- Only test my dilation when I am completely comfortable and ready
- Do not clamp the cord until after I have birthed the placenta and the cord has stopped pulsing
- Do not suction my child unless it is necessary to save his/her life
- Please let my husband announce the sex of our baby
- Please immediately lay the baby on my chest so I may connect with my baby unless unable to do so for the life of the baby – please check baby while on my chest (see below)
- We will take the placenta and cord home with us for proper disposal/burial

If it is necessary to save my or my baby's life and I need a cesarean section:

- I would like to have a VBAC after this birth, please use a double stitch when repairing my

Remember that the options included on The Bump plan may not be available with every doctor or birthing center. Earth Mama has been safely nurturing women and their babies and families for over a decade. Definitely talk the plan over with your doctor—it's important to make sure you're both on the same page. Now settle back, sip a soothing cup of organic herbal tea, click the link and get started. Don't forget to create your free Earth Mama® Postpartum Lying-In Plan too! Click HERE to create your free Birth Plan Earth Mama® harnesses nature's herbal remedies to effectively support the miraculous wonders and common indignities of the entire journey of pregnancy, postpartum, breastfeeding, and baby care. Grounded in nature, powered by love.™ While much of what happens during delivery is way beyond your (or anyone's!) control, creating a birth plan will at least make your wishes clear. There are a lot of options, but don't feel anxious. Get it now. [] Full name: [] Partner's name: [] Today's date: [] Due date: OR Induction date: [] Doctor's name: [] Hospital name: Please note that I: [] Have group B strep [] Am Rh incompatible with baby [] Have gestational diabetes My delivery is planned as: [] Vaginal [] C-section [] Water birth [] VBAC I'd like... [] Partner: [] Parents: [] Other children: [] Doula: [] Other...present before AND/OR during labor During labor, I'd like: [] Music played (I will provide) [] The lights dimmed [] The room as quiet as possible [] As few interruptions as possible [] As few vaginal exams as possible [] Hospital staff limited to my own doctor and nurses (no students, residents or interns present) [] To wear my own clothes [] To wear my contact lens the entire time [] My partner to film AND/OR take pictures [] My partner to be present the entire time [] To stay hydrated with clear liquids and ice chips [] To eat and drink as approved by my doctor I'd like to spend the first stage of labor: [] Standing up [] Lying down [] Walking around [] In the shower [] In the bathtub I'm not interested in: [] An enema [] Shaving of my pubic area [] A urinary catheter [] An IV, unless I'm dehydrated (and a heparin or saline lock IS/IS NOT ok) I'd like fetal monitoring to be: [] Continuous [] Intermittent [] Internal [] External [] Performed only by Doppler [] Performed only if the baby is in distress I'd like labor augmentation: [] Performed only if baby is in distress [] First attempted by natural methods such as nipple stimulation [] Performed by membrane stripping [] Performed with prostaglandin gel [] Performed with Pitocin [] Performed by rupture of the membrane [] Performed by stripping of the membrane [] Never to include an artificial rupture of the membrane For pain relief, I'd like to use: [] Acupressure [] Acupuncture [] Breathing techniques [] Cold therapy [] Demerol [] Distraction [] Hot therapy [] Hypnosis [] Massage [] Meditation [] Reflexology [] Standard epidural [] TENS [] Walking epidural [] Nothing [] Only what I request at the time [] Whatever is suggested at the time During delivery, I would like to: [] Squat [] Semi-recline [] Lie on my side [] Be on my hands and knees [] Stand [] Lean on my partner [] Use foot pedals for support [] Use a birthing stool [] Be in a birthing tub [] Be in the shower I will bring a: [] Birthing stool [] Birthing chair [] Squatting bar [] Birthing tub As the baby is delivered, I would like to: [] Push spontaneously [] Push as directed [] Push without time limits, as long as the baby and I are not at risk [] Use a mirror to see the baby crown [] Touch the head as it crowns [] Let the epidural wear off while pushing [] Have a full dose of epidural [] Avoid forceps usage [] Avoid vacuum extraction [] Use whatever methods my doctor deems necessary [] Help catch the baby [] Let my partner catch the baby I would like an episiotomy: [] Used only after perineal massage, warm compresses and positioning [] Rather than risk a tear [] Not performed, even if it means risking a tear [] Performed only as a last resort [] Performed as my doctor deems necessary [] Performed with local anesthesia [] Performed by pressure, without local anesthesia [] Followed by local anesthesia for the repair Immediately after delivery, I would like: [] My partner to cut the umbilical cord [] The umbilical cord to be cut only after it stops pulsating [] To bank the cord blood [] To donate the cord blood [] To deliver the placenta spontaneously and without assistance [] To see the placenta before it is discarded [] Not to be given Pitocin/oxytocin If a C-section is necessary, I would like: [] A second opinion [] To make sure all other options have been exhausted [] To stay conscious [] My partner to remain with me the entire time [] The screen lowered so I can watch baby come out [] My hands left free so I can touch the baby [] The surgery explained as it happens [] An epidural for anesthesia [] My partner to hold the baby as soon as possible [] To breastfeed in the recovery room I would like to hold baby: [] Immediately after delivery [] After suctioning [] After weighing [] After being wiped clean and swaddled [] Before eye drops/ointment are given I would like to breastfeed: [] As soon as possible after delivery [] Before eye drops/ointment are given [] Later [] Never I'd like my family members (NAMES): [] To join me and baby immediately after delivery [] To join me and baby in the room later [] Only to see baby in the nursery [] To have unlimited visiting after birth I'd like baby's medical exam and procedures: [] Given in my presence [] Given only after we've bonded [] Given in my partner's presence [] To include a heel stick for screening tests beyond the PKU [] To include a hepatitis B vaccine Please don't give baby: [] Vitamin K [] Antibiotic eye treatment [] Sugar water [] Formula [] A pacifier I'd like baby's first bath given: [] In my presence [] In my partner's presence [] By me [] By my partner I'd like to feed baby: [] Only with breastmilk [] Only with formula [] On demand [] On schedule [] With the help of a lactation specialist I'd like baby to stay in my room: [] All the time [] During the day [] Only when I'm awake [] Only for feeding [] Only when I request I'd like my partner: [] To have unlimited visiting [] To sleep in my room If we have a boy, circumcision should: [] Be performed [] Not be performed [] Be performed later [] Be performed with anesthesia [] Be performed in the presence of me AND/OR my partner As needed post-delivery, please give me: [] Extra-strength acetaminophen [] Percoset [] Stool softener [] Laxative After birth, I'd like to stay in the hospital: [] As long as possible [] As briefly as possible If baby is not well, I'd like: [] My partner and I to accompany it to the NICU or another facility [] To breastfeed or provide pumped breastmilk [] To hold him or her whenever possible Click the image below to download the PDF: Don't have Adobe Reader? Home/Free Birth Plan Earth Mama's Free Birth Plan asks the birth preparedness questions you might be too tired, excited or overwhelmed to ask. And Earth Mama products have been chosen by hospitals for even the most fragile NICU babies. Read on for a checklist of things to consider when creating a birth Plan, and download The Bump Birth Plan form below. It was created to help guide your thinking as you assemble your birth team, whether you prefer a natural, non-medicated birth or a medically assisted (epidural) delivery. Be sure to make enough copies to present your customized birth plan to your doctor, midwife, nurse, doula, birthing center or hospital and any attending family or friends. Thoughtfully considering areas of concern is empowering and helps prepare you for better communication. Earth Mama's Free Birth Plan is a perfect tool for having your desires met during labor. Combining generations of women's wisdom with traditional plant medicine to formulate certified organic herbal tea, soaps, balms, lotions, soothing sprays, and the first Non-GMO Project Verified nipple cream.

Jan 30, 2020 · Financial Plan. We have built up a thorough financial arrangement that will completely bolster our business while preparing the business plan template for a beauty supply store. Our business will give monetary help with a variety of different speculators. Jun 23, 2021 · A complete birth plan covers a range of topics, from the desire to use pain medication to preferences for the number of people in the room when you deliver, and more, including your thoughts about a C-section. Again, remember that a birth plan needs to be flexible and should include a range of contingencies and outcomes. Jun 14, 2021 · Some doctors routinely ask expectant parents to fill out a birth plan, while others are happy to oblige if one is requested. Birth plan template. There's no right or wrong way to write a birth plan. Some documents cover just the basics, while others are extremely detailed. Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of... This plan template provides you a sample blank plan professional growth plan. The template contains original and suggestive headings and content written by professional writers that you can use to make one for your needs. The file is fully editable and printable. 6. Growth Plan Template TheBump.com birth plan Use this easy fill-in-the-blank birth plan to prepare yourself for delivery and communicate your wants and needs to your medical team. Full name Partner's name Today's date Due date/Induction date Doctor's name Hospital name Please note that I My delivery is planned as Have group B strep Vaginal Am Rh incompatibility with Emergency planning ideals. Emergency planning is a discipline of urban planning and design; it aims to prevent emergencies from occurring, and failing that, initiates an efficient action plan to mitigate the results and effects of any emergencies.The development of emergency plans is a cyclical process, common to many risk management disciplines such as business continuity ... Aug 11, 2015 · Forms may help you remember what was in your home. This will be crucial in the event of a theft, natural disaster or fire. These lists can also come in handy when selecting items for your wedding gift registry. ... Get Prepared For Baby's Hospital Birth. ... How To Create A Tornado Emergency Plan. 03/11/2021. Tornado. Where To Get Help In A ... The state or territory issued birth certificate is a secure A4 paper document, generally listing: Full name at birth, sex at birth, parent(s) and occupation(s), older sibling(s), address(es), date and place of birth, name of the registrar, date of registration, date of issue of certificate, a registration number, with the signature of the ... Childbirth, also known as labour or delivery, is the ending of pregnancy where one or more babies leaves the uterus by passing through the vagina or by Caesarean section. In 2015, there were about 135 million births globally. About 15 million were born before 37 weeks of gestation, while between 3 and 12% were born after 42 weeks. In the developed world most deliveries ... Phoenix Children's Hospital is Arizona's only children's hospital recognized by U.S. News & World Report's Best Children's Hospitals, including garnering all 10 shields in 2021. Phoenix Children's provides world-class inpatient, outpatient, trauma, emergency and urgent care to children and families in Arizona and throughout the Southwest. Oct 27, 2021 · Download BabyCenter's birth plan template. If you haven't already received something to use from your hospital or birthing center, we've created a birth plan template that you can download, print, and fill out. Download BabyCenter's birth plan template. Aug 11, 2020 · The Only Birth Plan Template You Need. A birth plan is a very important step to having the natural birth you want.A birth plan is about putting down your preferences, in black and white, before labor begins so that you are prepared for whatever events may arise and can make informed choices about your and baby's care and safety. This plan template provides you a sample blank plan professional growth plan. The template contains original and suggestive headings and content written by professional writers that you can use to make one for your needs. The file is fully editable and printable. 6. ... Sep 25, 2021 · Talk to family/friends and let them know if you plan on having visitors at the hospital, or if you'd prefer to have them visit you once you're back home. Birth Plan. Putting together a Birth Plan is a great exercise to go through, and you can share it with your nurse/doctor once you're admitted. Sep 25, 2021 · Talk to family/friends and let them know if you plan on having visitors at the hospital, or if you'd prefer to have them visit you once you're back home. Birth Plan. Putting together a Birth Plan is a great exercise to go through, and you can share it with your nurse/doctor once you're admitted.

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