

# Birth Plan

Mother \_\_\_\_\_

Due Date \_\_\_\_\_

Doula \_\_\_\_\_

Partner \_\_\_\_\_

OB/GYN/Midwife \_\_\_\_\_

Pediatrician \_\_\_\_\_

## Top 3 Goals

- 1 Vaginal birth
- 2 No episiotomy
- 3 Avoid vaginal tearing

## Important Info

- I am GBS Positive
- Prefer intermittent fetal monitoring
- Delay cord clamping for 3 minutes
- \_\_\_\_\_
- \_\_\_\_\_

## During Labor

- I would like to have a Hip lock instead of an IV.
- I would like no residents/unnecessary noises/talking.
- I would like to walk around & use a birthing ball.
- I would like to have the lights dimmed.
- If labor progression is slow, my preference is (in this order):  
1) stripping membranes, 2) Pitocin, 3) amniotomy

## In Case of a Cesarean

- I would like:
- some time to talk it over with my husband, if possible.
- to make sure all other options have been exhausted.
- to stay conscious (an epidural/spinal for anesthesia).
- my husband to accompany me during surgery.
- to have at least one arm released so that I can hold my baby right away.
- to breastfeed as soon as possible in the recovery room.

## Pain Relief & Comfort Measures

- I prefer to avoid an epidural, but will ask for one if I need one.
- Please do not ask or offer an epidural to me.
- I will have my husband and birth doula present for support.
- I will bring my own music to play and my own birthing gown.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Birth and Baby Care

- I want to push in different positions and use a mirror.
- Skin-to-skin immediately after birth and breastfeed.
- I would like to cut the umbilical cord myself.
- Do NOT offer my baby formula, sugar water, or a pacifier.
- I want to see a lactation consultant as soon as possible.

# Pregnancy Plan

**Michael Rajnik**



**Pregnancy Plan:**

## Whispering the Strategies of Language: An Emotional Journey through **Pregnancy Plan**

In a digitally-driven earth wherever screens reign great and immediate transmission drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within words usually move unheard. Yet, located within the pages of **Pregnancy Plan** a captivating literary treasure pulsing with natural emotions, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the material of each word. Within the emotional depths of the emotional review, we shall embark upon a sincere exploration of the book's key styles, dissect its charming writing type, and yield to the powerful resonance it evokes deep within the recesses of readers' hearts.

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