



BIRTH PLAN CHECKLIST

Name:

Doctor:

Attendants:

Labour

- I'd like to move around freely during labour.
- If I need an IV, I prefer a saline or heparin lock.
- I'd prefer to let my water break naturally.
- I'd like to use labour props, such as:

- I'd like to use natural pain relief techniques.
- I'd like an epidural.
- I'd like to be coached on when to push and for how long.
- I'd like to choose the position I deliver in.
- I'd like to view my baby's birth using a mirror.
- I'd like to touch my baby's head as it crowns.
- If I have a c-section, I'd like to view the birth.

Post Labour

- I'd like to hold my baby skin-to-skin immediately after delivery.
- I'd like my baby to be dried off before being brought to me.
- I'd like to delay clamping and cutting the umbilical cord.
- I'd like my partner or attendant to cut the umbilical cord.
- I plan to donate my baby's cord blood.
- I'm not banking my baby's cord blood.
- I'd like all procedures done and all medications given to my baby to be explained to me beforehand.
- I'd like to be present when my baby is evaluated and bathed.
- If my baby has to be taken from me for medical treatment, I'd like my partner or attendant to go along.
- I plan to exclusively breastfeed my baby while in the hospital.
- I plan to feed my baby formula.
- I'd like to be consulted before my baby is offered a bottle or a soother.
- If my baby's a boy, I want him to be circumcised at the hospital.

Notes

