



Birth Plan

We, the prospective parents, would like to cooperate with the personnel of your hospital/clinic, with a view to ensuring a safe and natural birth. We hereby present you with our Birth Plan. The information listed here has been chosen as a result of serious thought and in collaboration with health professionals (Midwives, Obstetricians, Pediatricians, and Psychiatrists). Our first priority is to ensure our child's physical and emotional health. We appreciate your contribution to help our family succeed in our personal goals for this birth. We will gladly answer and discuss any concerns you may have.

Name of mother:

Name of father:

Family name:

Name of doctor:

Name of midwife:

Place of birth: Public Hospital _____
 Private Hospital _____
 Private Home _____
 Birth Center _____

Anticipated date of birth:

Contact phone number:

email:

1. I plan to have:

- Natural birth
- Natural water birth
- Caesarean section
- VBAC – natural birth after caesarean
- Natural birth of twins/triplets

2. People I want present at my birth

- My husband/partner
- Family member, _____ Friend _____
- My Midwife
- My Doula
- Pediatrician of our choice
- Other _____

3. My ideal birth environment/personal preferences

- To have the use of toilet and shower for myself in the room
- To give birth in the same room, without being transferred at the time of the birth
- To have enough space for free movement
- To have low lighting so that I can relax
- To have a relaxing atmosphere in the room
- To have enough warmth, as much as I and my newborn baby need in order to feel comfortable
- To be able to listen to music that relaxes me (I will bring my own CD's)
- To wear my own clothes
- To have a birth ball (I will bring my own)
- To have a birth stool-birth chair
- To have cushions
- To have a hinge on the ceiling with a rope attached to it that I can use to hang from
- To take photographs (without flash) and to feel free to video the birth process
- Other _____

4. Preparation for birth

- I do not wish to be shaved around the pubic area
- I do not wish to have an enema
- I do not wish to have an IV, so that I can move freely
- I do not wish to have a urinary catheter

5. Monitoring the baby

- I want periodic monitoring of the baby's heart beats with a portable DOPPLER
- I want continuous monitoring of the baby's heart beat with an external sonogram

6. Pain management/relief

- I prefer natural methods of pain relief (hot compresses, movements/body positions)
- Continuous human support (doula, midwife, partner, other)
- To express my self at will (sounds, moaning, movement)
- Water pool – bathtub
- Breathing techniques
- Finger pressure – massage
- Acupuncture
- Homeopathy
- Reflexology
- Medicine /drugs
- Epidural anaesthesia, only if I ask for it and after I have been informed about possible complications that it may cause to my baby and the progress of labour
- Other _____

7. Onset/progress of labour

- I want my labour to be left to begin spontaneously
- Provided that me and my baby are both healthy, I do not want to discuss labour induction before the 42nd week of pregnancy
- If I go past the 42nd week of pregnancy I wish to wait for spontaneous onset of labour, provided that my baby is healthy and the placenta is in good working order.
- If labour induction is considered necessary, I wish to be informed about the exact reasons, and to proceed only if there are sound medical grounds for doing so
- I prefer natural methods of encouraging labour onset such as nipple stimulation, walking, changing positions, before the use of medical procedures and drugs
- I do not wish to undergo the artificial rupture of membranes, unless there is an absolute sound medical reason for this procedure
- I do not wish to have Oxytocin, Prostaglandin or any other hormone, unless there is an absolute sound medical reason for its use and only after I have been informed
- I wish to use homeopathic medicine
- If labour induction fails, I would like to wait for a period of time (unless I have ruptured membranes and as long as I and my baby run no risk)

8. First stage of labour: dilation of the cervix

- I wish:
 - To be allowed to experience the natural rhythm of my body
 - To be able to walk freely and change positions whenever I wish
 - To have a shower and enter the bathtub/waterpool for relaxation whenever I wish
 - To go to the toilet on my own
 - To be able to have light meals and drink fluids when I feel the need
 - To reduce vaginal tests to a minimum and perform them only when they are absolutely necessary
 - To reduce the presence of hospital/clinic personnel to the absolute necessary ones (midwife, doctor, doula, paediatrician)
 - To feel free to externalize my pain through voicing, moaning, movement

9. Second stage of labour: pushing

- I would like to start the pushing stage when I feel the need for it
- I would like to be guided as to when to push
- I will choose the most comfortable position for my birth
- If possible, I want to lean on people when I push
- I wish to give birth in a special pool/bathtub
- I wish to look at the baby's head through a hand mirror, and be able to catch it when it crowns, so I can find the strength to go on
- I prefer to avoid episiotomy unless absolutely necessary
- In order to avoid tearing of episiotomy, my partner/doula will give me a local massage with oil and will put hot compresses on my perineum
- In order to avoid tearing, I will choose birth positions that will help me
- I wish to avoid forceps or vacuum extraction unless there is an absolute medical reason and after all other approaches have been tried
- As soon as my baby is born, I want it placed on my belly

10. Immediately after delivery

- I wish the umbilical cord to be cut after it has stopped pulsating
- I wish the umbilical cord to be cut by my partner
- I wish to have my baby in my arms and breast feed while the first examination is carried out
- As soon as the baby is born, I want him/her to crawl up my belly to reach for the nipple (nursing reflex) regardless of the time it takes
- I want to nurse my baby within one hour of birth
- I want my baby's cord blood stem cells to be collected (I have the special kit)

11. Third stage of labour: the birth of the placenta

- I want to allow spontaneous delivery of the placenta without the use of oxytocin
- I want to see the placenta when it comes out
- I want to have my baby in my arms during the delivery of the placenta and during the checking and repairing of my perineum tissues
- I do not wish to be stitched if my tear is small
- I do not want a urinary catheter, I will try to urinate myself

12. Care of the newborn

- I want my baby wiped with a towel, thus giving him/her tactile sensations to help with breathing
- I don't want a tube to be used for clearing the air passages unless absolutely necessary
- Please wait for 24 hours for the baby's first bath, because the natural coating after birth should remain and be absorbed by the baby's skin
- I or my partner would like to be the first ones to give our baby his/her first bath
- We wish to have our own personal paediatrician
- We do not want silver nitrate drops or antibiotics used in our baby's eyes
- We do not want a vitamin K injection
- We do not want blood sampling for the Guthrie test and, if necessary, only after the first week
- I want to breastfeed exclusively, so I do not want my baby to be given formula milk or chamomile
- I do not want my baby to be given a pacifier
- I want the baby to be brought to me for nursing each time the baby cries
- I would like a lactation consultant so I can receive the correct information on breastfeeding issues
- I will be practicing rooming – in
- I want to have my baby with me all the time except for the night time

13. Premature/sick baby

- I want to breastfeed my premature baby
- I will extract milk with a breast pump so you can feed my sick baby
- I wish us (the parents) to be able to visit our baby whenever we want
- I want to care for my baby on my own as much as possible
- I want to be allowed and supported in using the kangaroo method for the health management of my premature baby
- In case of jaundice, I will be breastfeeding my baby and will continue to have him/her in my room
- I wish the environment of the intensive care unit for the newborns to be baby-friendly

14. In the case of caesarean

- I wish to avoid caesarean unless it is an absolute medical necessity
- I would like to get a second opinion from another doctor
- I prefer epidural to general anaesthesia
- I would like to have my midwife/husband/partner with me in surgery
- I want to be told what is happening during the caesarean, provided I am not under general anaesthesia
- I want to hold my baby in my arms and, if possible, to nurse the baby as soon as he or she is born
- In the case of general anaesthesia I wish my partner to hold the baby as soon as he or she is born
- I would prefer gentle methods for my recuperation, like homeopathy, bach flower remedies, human touch, music

15. Additional information

- I plan to leave the clinic/hospital as soon as I feel better, and after I have received my doctor's permission, even if this is a few hours after birth
- I want to have my other children visit me during my stay at the clinic/hospital
- I want postnatal care at home by a doula, my midwife or the pediatrician

SOURCES:

1. WHO/UNICEF: Baby - Friendly Hospital Initiative Original BFHI Guidelines developed 1992
2. WHO: Documents Maternal and Newborn Health (Updated January 2008)
3. WHO: Essential newborn health 2008
4. WHO: Care for Normal Birth

BOOKS:

1. M. Odent "*Birth and breastfeeding*" HEALTH AND HEALING
2. M. Odent "*Birth Reborn*"
3. Nancy Wainer Cohen and Lois J. Estner "*Silent Knife*"
4. M. Klaus, T. Kennel, Ph. Klaus "*Bonding*"