



Sample Birth Plan

Birth Plan for: _____ Partner/Support Name: _____

Our Due Date: _____ Other Support Persons: _____

What information should you include?

A birth plan is a written outline of what you would like to happen during your labor and delivery. There are many different birth plan examples. Don't worry about making the "right one" for your labor and delivery. Jot down a few of your ideas and bring them up with your provider at your next prenatal visit.

After talking with your provider about your preferences, you can then finalize your birth plan. Keep in mind that having a birth plan does not guarantee that your labor and delivery experience will go accordingly. Unexpected things can happen as your labor progresses and plans can change. Remember that you and your healthcare team have a common goal: the safest possible delivery for you and your baby. A birth plan is a great starting point, but you should be prepared for changes as the situation dictates.

During Labor:

Comfort Therapies: (choose as many as you want to try)

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> breathing techniques | <input type="checkbox"/> walking | <input type="checkbox"/> massage |
| <input type="checkbox"/> water therapy in shower/tub | <input type="checkbox"/> music | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> use of peanut/birth balls | <input type="checkbox"/> dim lighting | |
| <input type="checkbox"/> Spinning Babies positioning | <input type="checkbox"/> warm/cool pads | |

Medical Options:

- | | |
|--|--|
| <input type="checkbox"/> IV pain medications | <input type="checkbox"/> Nitrous oxide |
| <input type="checkbox"/> TENS unit | <input type="checkbox"/> Epidural |
| <input type="checkbox"/> I do not want anesthesia offered to me during labor unless I specifically request it. | |
| <input type="checkbox"/> I do not know whether I want anesthesia. Please discuss the options with me. | |

During/After Birth: (check all that apply)

- ☐ I would like to use a mirror to see my baby crown
- ☐ Allow my partner to cut the umbilical cord
- ☐ Place my baby skin to skin with me immediately after delivery
- ☐ Breastfeed as soon as my baby is interested

In case of a Cesarean Delivery:

- ☐ Set up clear drapes so I can watch my baby emerge
- ☐ Initiate skin to skin and breastfeed as soon as possible

Other Wishes: (check all that apply)

- ☐ Keep placenta to take home
- ☐ Cord blood banking (you must make prior arrangements & provide supplies)
- ☐ Feed formula
- ☐ Give our baby Vitamin K
- ☐ Give our baby antibiotic eye treatment
- ☐ Have our baby boy circumcised

Thank you for helping us to fulfill your wishes regarding your birth plan. Please realize this is only a guideline and not a description of how the birth process will necessarily progress. We will discuss all of your options should an intervention be medically necessary.