

# Birth plan



A birth plan is a set of instructions you make about your baby's birth. Fill out this plan with your partner. Then share it with your provider, your family and other support people. It's best for everyone to know ahead of time how you want labor and birth to be.

Your name \_\_\_\_\_

Your baby's due date \_\_\_\_\_

1. My health care provider's contact information:

Name \_\_\_\_\_

Phone \_\_\_\_\_

2. Where do I plan to have my baby?

\_\_\_\_\_

\_\_\_\_\_

3. Who is my primary support person during labor and birth?

Name \_\_\_\_\_

Phone \_\_\_\_\_

This person is:

My partner       My baby's father

My family       My friend

Clergy       Doula

4. What kind of support do I want during labor?

Help with breathing

Help working through contractions

Massage

Moving around

Other

5. Do I want to be able to move around during labor?

Yes

No

6. What position(s) do I want to be in for my labor?

Lying down       Sitting

Standing       Moving around

Other

7. How would you like to manage your pain during labor?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Who do I want to cut the umbilical cord?

\_\_\_\_\_

9. Do I want to breastfeed my baby?

Yes

No

10. If my baby is a boy, do I want to have him circumcised?

Yes

No

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11. Are there any special traditions I want to take place when my baby is born?

Yes       No

If yes, describe: \_\_\_\_\_

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14. Are there other issues the hospital staff should know about me or my baby's birth?

Yes       No

If yes, describe: \_\_\_\_\_

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12. If there are any problems with me or with the baby, do I want to be told first, or do I want my support person told first?

Tell me first

Tell my support person first

13. My baby's health care provider's contact information:

Name \_\_\_\_\_

Phone \_\_\_\_\_

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