

BIRTH PLAN

Jessica - Mother

Support Team: Mark - Father/Husband

Bridgette Becker - Doula

Heidi - Mom (Grandmother)

Betsy - Friend/Photographer

During Labor

- I would like intermittent monitoring if possible, if monitoring must be continuous, I would like the freedom of movement throughout labor.
- I would prefer a heplock or saline lock, no IV.
- I would like freedom to eat/drink throughout labor, as long as I can tolerate it.
- I would like to be able to push in any position I feel comfortable, using a squat bar, labor stool, the floor, etc.
- I would like to be able to push instinctively, with no coaching, except during crowing, to help prevent a tear.
- I would like the comfort of perineal compresses and support during pushing.
- NO episiotomy
- I would only like my medical/support team to be in attendance; NO students, residents or interns.
- I do not want any pain or induction medications. If augmentation is necessary, I do NOT consent to the use of Cytotec.

After Delivery

- Immediate skin to skin and breastfeeding for at least 30 minutes after birth, as long as there is no risk for me or baby.
- Delayed cord clamping, until the cord stops pulsing. Mark does NOT want to cut the cord.
- I will be keeping my placenta for consumption. - Doula to take home with her.
- Baby is to stay in the room with us, at all times. If he MUST be moved for a procedure, Mark will accompany him.
- **NO CIRCUMCISION**
- **NO FORMULA, PACIFIERS OR SUGAR WATERS**
- **NO VACCINES (except Vitamin K shot)**
- **NO ANTIBIOTIC EYE DROPS**
- **NO BATH**
- I will be breastfeeding on demand
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Thank you for your support and help in making this a very special day for our family!