

St. Francis Healthcare Campus

Getting to Know You

A birth plan is a communication tool for you to use to share your birthing preferences with your care provider and nurses. We have provided a sample birth plan below.

Name _____ Mom's Birth Date _____

Baby's Due Date _____ Care Providers name _____

What is your partner's name _____ Relationship _____

What classes have you taken to prepare for the birth of this baby?

____ Great Expectations ____ Prepared Childbirth Class
____ Basic Training for Dads ____ Developing the Art of Breastfeeding
____ Shape up for Baby ____ Music for your Miracle
____ Mom's Helper ____ Car Seat Safety

If you took Prepared Childbirth Class, what were the 3 birthing topics you chose that were most important to you?

1. _____
2. _____
3. _____

Labor

____ Unlimited visitors
____ Limited visitors
____ Dim lights
____ Music – please bring your own. There is a CD / tape player in each Birthing Room.

Positions I think I'd prefer during labor:

____ Walking ____ Staying in bed ____ Birth ball
____ Whirlpool tub ____ Rocking chair ____ Swaying while standing over bedside table
____ Unsure of positions ____ Sitting backwards on chair
____ Would like nurse to make suggestions for positioning

Comfort Measures:

____ Various positions ____ Breathing ____ Water (shower or tub)
____ Relaxation techniques ____ Music therapy ____ Massage ____ Heat or cold therapy

IV Medication ____ yes ____ no ____ I will ask if needed.

Epidural ____ yes ____ no ____ I will ask if needed.

Pain Relief Offers:

____ Only if I ask ____ Offer if uncomfortable
____ Offer pain medication / epidural only after we've tried various positions, relaxation, and breathing techniques.
____ Offer pain medication / epidural as soon as possible.

Pushing

Some positions will depend on if you are medicated, if you have an epidural, and the position of your baby. (Each of these methods are discussed in Prepared Childbirth Class.)

- Spontaneous bearing down – (listening to your body and bearing down)
- Directed pushing (being told when to push with contractions while holding your breath)
- Birth Bar Side lying Squatting using birth bar Knee/chest position
- Would like recommendation when it is time to push.

Episiotomy:

- Prefer no episiotomy –(massage, compresses)
- Prefer to tear (massage, compresses)
- Episiotomy if needed

Cord Cutting:

- Partner to cut cord Care provider to cut cord

How do you plan on feeding your baby?

- Breast milk Formula
- I would like to breastfeed within one hour after birth.

Do you want your baby to have a pacifier?

- yes no Lets wait & see

Circumcision

- I plan to have my baby boy circumcised. (Please check with your insurance company for coverage information.)
- I do not plan on having my baby circumcised.

Have you chosen a care provider (Physician) for your baby?

Name of Care provider _____

Any other request / concerns not already addressed:
