

BTB Birth Plan Worksheet

Using online resources, I encourage you to customize your birth plan or try the interactive birth plan tool on my “About Doula’s” page at www.BellytoBabies.com. While one of my top priorities is to ensure everyone attending your birth abides by your preferences, unforeseen circumstance may cause changes. Please make sure to keep your plan concise and bring three copies to the facility.

Things to consider:

Whom you want to accompany you in labor

Anyone you do not want present
(i.e. medical students)

Birth environment including:

- Apparel
- Lighting
- Music
- Photography

Preferences about eating, drinking (vs. IV)
and mobility

Birth equipment that might make your
labor more comfortable (ball, bar, stool)

Pain management techniques:

- Aromatherapy
- Bath/shower
- Breathing
- Hot/cold therapy
- Massage
- Medication
- Self-hypnosis

Any birth rituals

Crowning conditions:

- Birth mirror
- Episiotomy vs. tearing
- Partner’s help
- Touching your baby
- Quiet room

Note allergies, Group B Strep, medical
conditions, special diet and/or vision
correction

Course of action if problems arise

Immediately following birth:

- Holding your baby, timing of
non-urgent procedures (eye
ointment, vitamin K and Hepatitis B
vaccine)
- Delayed cord cutting or banking
- Who will cut the umbilical cord
- Initiating breastfeeding

Cesarean section:

- Partner and / or Doula present at all
times
- Partner’s role during surgery
- Initiating contact and/or
breastfeeding

Postpartum:

- Lactation consultation
- Parent involvement in decision
making and procedures
- Partner stays with baby at all times

Feeding:

- Breast, bottle or combination
- On demand or a schedule
- State if nothing is to be offered to
baby (i.e. pacifier)

Circumcision

Checking out of the hospital early