

Birth Plan

This worksheet will help you think about your preferences for your labor, birth and hospital stay.

Labor

What would make your labor room more comfortable (such as, lighting, music, extra pillows)?

Whom do you want present for labor?

Do you have a specific concern about childbirth?

How can your nurse and health care provider address that?

What comfort measures do you want to use?

What are your feelings about pain medicine for childbirth?

How can your nurse help you with your comfort?

Do you want your nurse to give you recommendations for comfort measures as you labor?

What are your preferences for pain medicine?

How can your nurse help you regarding your pain medicine preferences?

What role do you want to have in decision making?

If there a medical concern regarding you or your baby, what things are most important to you?

Birth

Whom do you want present during your baby's birth?

What pushing techniques or positions do you want to try?

Does your support person want to help with your baby's care, such as cutting the cord?

What are your preferences related to a Cesarean birth?

The First Hours After Birth

Whom do you want present soon after your baby is born?

What things are most important for you to do right after your baby is born?

How can the staff help with that?
