

BIRTH PLAN



BAPTIST HEALTH®

MOTHER & BABY CARE

Supported by Kosair for Kids

At Baptist Health Hardin BirthPlace, we want the birth of your baby to be a memorable and joyful experience for you, your partner and your family. We want to give you the tools you need to express the details of your hopes and desires for this special event in your life. Writing a birth plan will give you a chance to think about and discuss with your partner and your caregiver how you would like to experience the birth of your child.

A birth plan is a simple, clear statement of your preferences for childbirth. It is best not to wait until the last minute to put your plan together because there are many aspects of childbirth to consider. It is important to be reasonably flexible in your desires because you cannot control how every aspect of your labor and delivery will go. Keep in mind that, above all, our goal is for you and your child to have a safe birthing experience. You will want to discuss your preferences with your physician, because it is important to make sure they are aware of your desired plan.

When you have completed your plan, print the document and take it to your next appointment to communicate your birth preferences with your physician and healthcare team. It can be reviewed together and signed. Keep one copy for yourself to bring to the hospital, and one copy will go into your prenatal record at your physician's office.

When making your wishes known, choose as many as you like and add anything else that is important to you.

Environment

- Quiet music (you are welcome to bring your own music).
- Aromatherapy oils (you are welcome to bring them with you; diffusion of oils is not permitted).
- Personalize the atmosphere with a photo, items from home, lighting, etc.

Other _____

Mobility during labor

We encourage mobility and frequent position changes during labor. Birthing and peanut balls are available for patient use. Showers are available in each labor room.

- I would like to keep active during labor if possible.

Other _____

Relaxation and comfort during labor

- Massage (from your support person)
- Shower

Other _____

Positions for labor and birth

Our nurses have received education about active positioning for laboring patients, which helps to achieve a vaginal delivery.

- Walking
- Standing
- Squatting
- Sitting (rocking chair, birthing ball)
- Kneeling
- Birthing bed (our labor beds allow for many different positions during labor).

Other _____

Pain relief

All patients will have IV access as ordered by their physician.

- I would like to manage without medical pain relief options.
- Epidural.
- IV pain medications (as ordered by my physician).
- I will ask if I want pain relief, please don't offer.
- Offer if I appear uncomfortable.
- Offer as soon as possible.

Other _____

Delivery

- I would like to touch the baby's head when it crowns.
- I would like a mirror available to view during pushing/crowning/birth (hospital will provide when available).
- Immediately following delivery, I want my baby to be placed on my chest for skin-to-skin contact. Breastfeeding your baby can begin as soon as you would like.
- I would like my birth partner to cut the cord.
- I would like to cut the cord.
- I would like my delivery physician to cut the cord.

Other _____

Caesarean section delivery

If a Caesarean section delivery is deemed necessary or is scheduled, I would like the following:

- Birth partner or support person present for delivery (only one person can be with you during your Caesarean section, including preoperatively and in recovery).
- I would like skin-to-skin contact to begin after delivery in the operating room and continue into the recovery room.
- I would like skin-to-skin contact to begin after I am taken to the recovery room.

Feeding baby

- I wish to breastfeed exclusively (initiate feeding right after delivery).
- I do not want my baby to be given a pacifier.
- I wish to pump and bottle-feed my breast milk.
- I wish to formula-feed.

If you plan to breastfeed, you will meet with a lactation consultant who will be notified when your baby is delivered.

Other _____

Rooming in

Your baby will begin rooming in with you right after birth, unless they require further medical observation or intervention.

Other birth plan wishes not covered in the previous questions



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Remember, a birth plan should be thought of as your list of preferences. There is always a chance that there will be a few twists and turns that you don't expect. As long as you keep an open mind with your preferences, you will have a more satisfying experience. Above all, our goal is to keep mom and baby safe and healthy.

Your signature _____

Date _____

Physician's name _____

Physician's signature _____

Date _____

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