my birth plan

Name:

Birth partners name(s):

Doula's name:

EDD:

Other notes:

ENVIRONMENT

PAIN RELIEF

MONITORING

POSITIONING

2ND STAGE

3RD STAGE

my birth plan

PREFERENCES

Vaginal exams: no/yes

Cord clamping: delayed/wait for white/wait for placenta/lotus birth

Placenta: keep/dispose/like to see but then dispose

Immediate skin to skin: yes/no

Undisturbed golden hour: yes /no

Feeding: breastfeeding/bottle feeding/colostrum syringe feeding

Vitamin K: none/injection/oral drops

BACK UP PLANS

INSTRUMENTAL

INDUCTION

C-SECTION

TRANSFER