

## **Kristi's Birth Plan**

**Name:** Kristi Cox

**Place of birth:** Birth Center

**Attendants:** midwives and birth assistant

**Companions:** my husband

**Movement:** walking, movement on birth ball

**Pain relief:** I would like to use water and massage to help with the pain. My husband has been practicing massage and relaxation techniques suggested at our Bradley Childbirth class. I would like to have music in the background and aromatherapy that we'll bring.

**IV:** IV only if I become dehydrated. We will pack snacks and drinks.

**Labor Progress:** I don't really want to know how far I am progressing in centimeters. I'd just like to know when I've made it to transition and am close to pushing. If I'm not progressing very well, please tell my husband. He is prepared with ideas on how to get things going and will help me without causing me to lose focus or confidence.

**Perineum Massage:** We will bring oil for perineum massage. (I'll be doing perineum massage in the days leading up to labor, too)

**Episiotomy:** Please, no episiotomies! From what we've read, a natural tear is better. We will have comfrey pads to apply to a tear if that happens.

**Delivery position:** I'd like to use the birthing stool for the delivery. But, if I'm comfortable in the tub, I might decide to just birth there. My husband would like to help with the delivery.

**Baby Care:** I would like the baby to be put on me right after he/she comes out. I'd like help with nursing right away. We're okay with both Vitamin K and eye ointment. I'd like to wait to weigh the baby after we've had time to bond and nurse. Please do not wipe off the vernix. We'll massage it into the baby's skin.

**Infant feeding:** I'd like to nurse! But, I will need a lot of help with the breastfeeding.

**Transfer to the Hospital:** Obviously, I'd like not to transfer! But, if I do have to transfer, I'd like one of the midwives to be with me. My husband would like to be in the room no matter what happens. If I can't be with the baby the whole time, then my husband will stay with the baby. Please be sure the hospital staff does not give the baby formula.

I'm looking forward to having our first baby in your birth center! Thank you for such warm and caring care.