

Make it friendly

Humanize it
(you are
people, not a
number!)

Picture of
couple

Use
Colors
(Not black)

Birth Plan for Susie and John Smith

HELLO! We are the Smith family, Susie and John and Baby Smith is soon to join us.

We consider birth to be a natural and family-centered process and have worked hard to remain low risk during pregnancy. We are using Hypnobabies childbirth hypnosis as our key birthing tool. As such, there are a few requests we ask you to honor, so that this can be the best experience possible for all involved.



14 pt font
size

- We plan to birth without medication, please do not offer anesthesia or pain medication to Susie during labor.
- If you need to ask Susie about her "level of pain", please use the term "discomfort" as the term "pain" can affect her level of comfort and relaxation.
- We request to be assigned to staff members who enjoy working with couples seeking a natural birth.
- We would like our doula, Heather, and Susie's mom, Gloria to be present during labor and the birth.
- In order to minimize the risk of infection, vaginal exams will be limited to Dr. Jones and change points in the labor.
- We have consulted with our physician and are planning for intermittent fetal monitoring.
- Susie will choose her positions for labor and birth. She prefers not to be lying on her back at any time.
- It is our intention to make every effort to avoid an episiotomy. Please help Susie by giving her adequate time to push, allowing her to respond to her urges, and offering perineal support during delivery. She will be utilizing "mother-directed" pushing.
- Once Baby Smith is born, we would like the cord to stop pulsating before it is clamped or cut.
- Routine assessments should be performed in Susie's arms.
- Susie intends to breastfeed our baby soon after the birth. Please do not offer any type of artificial nipples or formula.
- We request that **all procedures be explained** in a way we can fully understand so that we can give *informed consent* prior to any procedure.

Underline/
italicize *your*
top priorities

Choose
items that
are most
important
to you

Keep it to ONE
page