

BIRTH PLAN FREE-CHECK LIST

Below is a checklist of things to consider when making your Birth plan. Services are available to assist you making a detailed, tailor made birth plan, that take in to consideration your unique factors of pregnancy. This service is provided by a Midwife, Womens Health Practitioner that can give you insights on acceptable things to include to help you obtain the birth you desire. Call or visit www.beautifulbeginningsandbeyondmidwifery.com

- IDENTIFY YOUR PRIMARY SUPPORT PERSON IN LABOR**
- IDENTIFY YOUR LIST YOUR CONCERNS OR FEARS ABOUT LABOR?**
- WHAT WILL MAKE YOUR BIRTH EXPERIENCE MOST ENJOYABLE FOR YOU AND YOUR PARTNER?**
- LIST YOUR ABSOLUTE MUST HAVES?**
- LIST YOUR ABSOLUTE NO'S DURING LABOR AND BIRTH?**
- DESCRIBE YOUR THOUGHTS TOWARD: FETAL MONITORING, HAVING AN IV, POSITIONING DURING LABOR, EPIDURAL ANESTHESIA, ECT.**
- DESCRIBE THE ATMOSPHERE THAT WOULD MAKE YOU THE MOST COMFORTABLE DURING LABOR. (IE: DIM LIGHTS, SOFT MUSIC, QUIET VOICES ECT)**
- THOUGHTS ON: VISUALIZING YOUR BIRTH WITH A MIRROR, SKIN TO SKIN TIME WITH THE BABY, DELAYED CORD CLAMPING, SUPPORT PERSON OR YOURSELF TO CUT THE UMBILICAL CORD**
- PLANS: BREASTFEEDING OR BOTTLE, THOUGHTS ON SUPPLEMENTATION, USE OF PACIFIER.**
- THOUGHTS ON CIRCUMCISION?**

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