

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.
- EMPOWERING WOMEN TO BE LEADERS IN THEIR HEALTHCARE
- 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?

CREATED BY: DESIREE BLAKE, APRN, CNM, WHNP
BEAUTIFUL BEGINNINGS & BEYOND MIDWIFERY LLC
10735 RAVENNA RD, UNIT 424, TWINSBURG, OH 44224
216-258-0841