

Create Your Birth Plan



Your baby's birth day is so very special to you, your baby, your family and us! At St. Peter's Health Partners, we promote evidence-based best practices and encourage expectant parents to design their own positive and personalized birth.

Your Name: _____ Partner's Name: _____

Baby's Expected Birth Day: _____

Your pregnancy is the time to learn about labor, express your fears, voice your concerns and seek solutions. Refer to the suggested resources on our website, and ask your doctor or midwife questions to help you make informed/shared decisions, and use this guide to tailor your birth experience around your wishes, and discuss your birth choices with your support team

We support the "6 Healthy Birth Practices" personalized as needed for your well being.

1. Let labor begin on its own - unless it is medically necessary to induce
2. Walk, move & change positions throughout labor
3. Bring a loved one, friend or doula for continuous support
4. Avoid interventions that are not medically necessary for you
5. Avoid giving birth on your back & follow your body's urge to push
6. Keep your baby with you with minimal separation of parent and baby

Provided by Lamaze International, the American College of Obstetricians and Gynecologists, and World Health Organization

Before Birth



My Support Team:

- Partner: _____
- Loved Ones: _____
- Doula: _____
- Our Licensed Massage Therapist

Please note visitation policies may change. Refer to SPHP.com for the most up-to-date information.



Medication to Ease Pain:

- Epidural
- Nitrous oxide
- Spinal block

Be sure to research pain management options and discuss them with your doctor or midwife.

My Birth Choice:

- Vaginal
- VBAC/TOLAC
- C-section
- Waterbirth *(only at Burdett Birth Center)*



Best Practices for Labor:

- Let labor begin on its own, unless medically necessary
- Avoid interventions not medically necessary
- Wear my own clothing
- Avoid giving birth on my back
- Walk, move, sway, dance, change positions
- Dim lights, add aromatherapy, guided imagery
- Music, soothing sounds, or silence
- Hydrotherapy: bath/shower/tub
- Rest, nap, sleep between contractions
- Try warm or cool compresses for relief
- Use a round or peanut shaped birthing ball
- Savor ice chips, clear liquids, or popsicles
- Visually focus on a single spot, photo, or loved one's face
- Request our Licensed Massage Therapist's aid
- Fetal Monitoring: continuous, intermittent, as needed

Remember to:

- ✓ Trust your body - it knows what to do
- ✓ Follow your body's natural urge to push
- ✓ Release your body's tensions
- ✓ Focus on your breath - exhale with a deep sigh
- ✓ Think positively - see, say, and hear words of affirmation
- ✓ Hum, sing, talk to your baby



Newborn Feeding:

I plan to:

- Breastfeed
- Chestfeed
- Pump
- Use donor milk
- Use artificial baby milk (formula)

Lactation Consultants & Certified Lactation Counselors provide personalized education and support for your choice in feeding your baby before, during, and after your stay.



I Have Also Considered:

- Arrangements for cord blood banking.
- Requesting my newborn son to be circumcised.
- Researching, selecting, and contacting a medical provider to care for my baby.
Baby's Provider: _____
- Installing an approved infant car seat in my car, having it inspected for secure installation, and learning how to safely use it.

Visit [SPHP.com/MaternityResources](https://www.sphealth.com/maternityresources) for educational materials, planning information, classes, and to submit our pre-admission form.

After Birth



Best Practices After Birth:

- Skin-to-skin contact between parent and baby, encouraged after all births
- Delay cord cutting, unless medically necessary
- Postpone weighing and giving eye drops until after baby & I greet
- Minimal separation of my baby and me throughout our stay
- Quiet space to promote family bonding
- Postpartum massage by our Licensed Massage Therapist
- Minimize postpartum healthcare interruptions
- Baby's 1st bath, at parent's bedside, with RN on baby's 1st day (24 hour) birthday
- Early discharge, if medically stable & requested/ planned in advance with my healthcare team

Remember to:

- ✓ Practice the "A,B,C's" of baby's safe sleeping
- ✓ Learn warning signs of possible post-birth health problems

Notes: *Please list any additional requests, questions, or concerns*



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PARTNERS

Maternity Care

A Member of Trinity Health