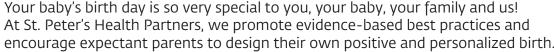
# Create Your Birth Plan

My Birth Choice:

□ VBAC/TOLAC

☐ C-section ☐ Waterbirth (only at Burdett Birth Center)

□ Vaginal





encourage expectant parents to design their own po	sitive and personalized birth.
Your Name: Pa	rtner's Name:
Baby's Expected Birth Day:	
Your pregnancy is the time to learn about labor, expr solutions. Refer to the suggested resources on our w help you make informed/shared decisions, and use th wishes, and discuss your birth choices with your supp	ebsite, and ask your doctor or midwife questions to nis guide to tailor your birth experience around your port team
We support the "6 Healthy Birth Practices" personaliz  1. Let labor begin on its own - unless it is medically  2. Walk, move & change positions throughout labor  3. Bring a loved one, friend or doula for continuous of the contin	necessary to induce support ary for you ly's urge to push n of parent and baby
Before Birth	
My Support Team:	Best Practices for Labor:
□ 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.	<ul> <li>□ Let labor begin on its own, unless medically necessary</li> <li>□ Avoid interventions not medically necessary</li> <li>□ Wear my own clothing</li> <li>□ Avoid giving birth on my back</li> <li>□ Walk, move, sway, dance, change positions</li> <li>□ Dim lights, add aromatherapy, guided imagery</li> <li>□ Music, soothing sounds, or silence</li> <li>□ Hydrotherapy: bath/shower/tub</li> <li>□ Rest, nap, sleep between contractions</li> <li>□ Try warm or cool compresses for relief</li> <li>□ Use a round or peanut shaped birthing ball</li> <li>□ Savor ice chips, clear liquids, or popsicles</li> <li>□ Visually focus on a single spot, photo, or</li> </ul>
NAV. Dimth. Chaire	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

## **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

# Newborn Feeding:

I plan to:

☐ Breastfeed

□ Chestfeed

□ Pump

☐ Use donor milk

☐ Use artificial baby milk (formula)

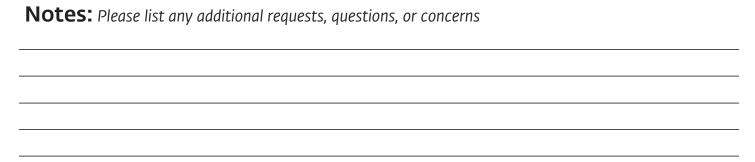
Lactation Consultants & Certified Lactation Counselors provide personalized education and support for your choice in feeding your baby before, during, and after your stay.



### 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** for educational materials, planning information, classes, and to submit our pre-admission form.





A Member of Trinity Health