

BIRTH PLAN & PREFERENCES CHECKLIST



BY:MORGAN ORDAZ

BIRTH

Preferences

EARLY LABOR

- | | |
|-------------------------|-------------------------|
| ✓ GO ON WALKS- BY LAKE? | ✓ BOUNCE ON YOGA BALL |
| ✓ PREP BIRTH SPACE | ✓ WATCH SOMETHING FUNNY |
| ✓ INFORM BIRTH TEAM | ✓ EAT A GOOD MEAL |
| | ✓ REST |

FIRST STAGE - ACTIVE LABOR

- | | |
|--------------------------------------|-------------------------------------|
| ✓ UP BREATHING | ✗ NO PAIN MEDS OFFERED |
| ✓ TENS | ✗ DONT USE NEGATIVE WORDS LIKE PAIN |
| ✓ FREE TO EAT AND DRINK | ✗ NO DRUGS OFFERD |
| ✓ LIMITED CERVICAL CHECKS | ✗ NO IV |
| ✓ FREE MOVEMENT | |
| ✓ DIM LIGHTS | |
| ✓ ESSENTIAL OILS | |
| ✓ SHOWER/BATH TO HELP WITH INTENSITY | |
| ✓ STAY MOBILE | |
| ✓ MONITOR BABY AS MUCH AS NEEDED | |
| ✓ NATURAL WATER RUPTURE | |

2ND STAGE - PUSHING STAGE

- | | |
|-----------------------------------|-------------------------------------|
| ✓ BIRTH POOL IF DESIRED | ✗ DONT BIRTH ON BACK |
| ✓ UFO POSITION | ✗ NO ANTIBIOTICS FOR MOM |
| ✓ ALLOW BODY TO "PUSH AS DESIRED" | ✗ NO EPISIOTOMY/ VACCUM, FORCEPS (S |



BIRTH

Preferences

3RD BIRTH OF PLACENTA/ GOLDEN HOUR

- | | |
|--------------------------------|-----------------------------------|
| ✓ ALLOW CORD TO STOP PULSATING | ✗ NO VITAMIN K |
| ✓ AND TURN WHITE BEFORE | ✗ NO HEPATITIS B |
| ✓ CLAMPING. | ✗ NO EYE OINTMENT |
| ✓ DAD CUTS CORD. | ✗ NO BATH FOR BABE |
| ✓ IMMEDIATE SKIN TO SKIN. | ✗ NO PIT FOR MOM UNLESS DISCUSSED |
| ✓ BREASTFEED ASAP. | |
| ✓ LEAVE VERNIX. | |
| ✓ GOLDEN HOUR. | |
| ✓ PHYSIOLOGICAL BIRTH OF | |
| ✓ PLACENTA. | |
| ✓ ACTIVE MANAGEMENT FOR PP | |
| HEMORRHAGE. | |

TOOLS FOR LABOR

- | | |
|-----------------------------|-------------------------|
| ✓ ESSENTIAL OILS | ✓ POSITIVE AFFIRMATIONS |
| ✓ SHOWER/BATH/BIRTH POOL | ✓ LIGHT TOUCH MASSAGE |
| ✓ COUNTER PRESSURE | ✓ MUSIC |
| ✓ TENS | |
| ✓ BIRTH BALL | |
| ✓ ALTERNATING | |
| ✓ POSITIONS/MOVEMENT | |
| ✓ COMBS | |
| ✓ BREATH | |
| ✓ NIPPLE STIMULATION/ORGASM | |



BIRTH

Preferences

HELPFUL REMINDERS

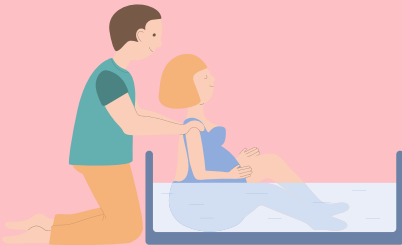
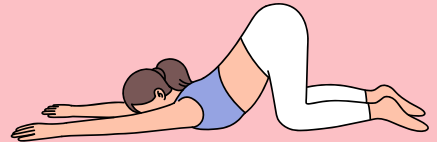
- ✓ RELAX YOUR JAW
- ✓ RELAX YOUR SHOULDERS
- ✓ BREATHE IN 1,2,3,4 BREATHE OUT 1,2,3,4,5,6
- ✓ SUGGEST A DIFFERENT UFO (UPRIGHT, FORWARD, AND OPEN) POSITION AS NEEDED.
- ✓ DRINK WATER AND EMPTY BLADDER.
- ✓ READ ME POSITIVE AFFIRMATIONS
- ✓ TELL ME HOW GREAT I'M DOING
- ✓ GIVE COUNTER PRESSURE DURING SURGES.
- ✓ GIVE LIGHT TOUCH MASSAGE



BIRTH

Preferences

UFO POSITIONS



BIRTH

Preferences

HOSPITAL TRANSFER

- ✓ SAME PREFERENCES AS ABOVE.
- ✓ IF MONITORING IS NECESSARY, BE ABLE TO STAY MOBILE.
- ✓ DISCHARGE ASAP.
- ✓ LIMITED ROOM INTERRUPTIONS.
- ✓ NO CIRCUMCISION FOR THE BABY.

IF MOM NEEDS ASSISTANCE AFTER BIRTH

- ✓ SKIN TO SKIN WITH DAD
- ✓ FEED PUMPED COLOSTRUM

IF C SECTION IS NEEDED

- ✓ IMMEDIATE SKIN-TO-SKIN
- ✓ DAD CUTS THE UMBILICAL CORD.



BIRTH

Preferences

POSITIVE AFFIRMATIONS



YOUR BODY IS DOING ITS JOB.



YOU WILL MEET YOUR BABY SOON.



YOUR BABY WILL ARRIVE AT THE PERFECT TIME.



YOU ARE CALM, CONFIDENT, AND PREPARED FOR BIRTH.



YOUR BODY'S KNOWS EXACTLY WHAT TO DO TO BIRTH YOUR BABY NATURALLY.



YOU ARE SURROUNDED BY LOVE AND SUPPORT.



EACH WAVE IS BRINGING YOU CLOSER TO MEETING YOUR BABY.



YOU CAN DO ANYTHING FOR 60 SECONDS.



YOUR BODY WAS DESIGNED WITH BIRTH IN MIND.



YOU ARE CALM.



YOUR MIND IS RELAXED, YOUR BODY IS RELAXED.



YOU TRUST YOUR BODY AND YOUR BABY.



YOU ARE STRONG.



YOUR BABY IS IN THE PERFECT POSITION FOR BIRTH.



YOUR BODY IS OPENING EASILY AND NATURALLY.



BIRTH

Preferences

POSITIVE AFFIRMATIONS



YOU ARE PREPARED FOR WHATEVER BIRTH YOUR BABY AND BODY NEED.



YOU ARE RELAXED AND HAPPY THAT YOUR BABY IS FINALLY COMING TO YOU.



YOUR CERVIX OPENS EASILY.



YOU FEEL A NATURAL ANESTHESIA FLOWING THROUGH YOU.



YOU PUT ALL FEAR ASIDE.



YOUR BODY REMAINS STILL AND LIMP.



YOU ARE TOTALLY RELAXED AND AT EASE.



YOU SURRENDER, SMILE, AND BREATHE.



YOUR BABY AND YOU ARE SAFE.



YOUR BABY WILL BE BORN IN A ROOM FULL OF PEACE, COMFORT, AND LOVE.



YOU ARE DOING GREAT.



YOU ARE STRONG.



YOU ARE PROUD OF THE MOTHER YOU ARE AND THE MOTHER YOU ARE GOING TO BECOME.



YOU ARE FOCUSING ON TAKING DEEP CLEANSING BREATHS.

