

## Labor of Love: My Birth Plan

Expectant mother name \_\_\_\_\_

OB provider \_\_\_\_\_ Due date \_\_\_\_\_

My baby is  A girl  A boy  A surprise! Baby's name \_\_\_\_\_

Newborn's pediatrician \_\_\_\_\_ Pediatrician phone number \_\_\_\_\_

### My labor support team

I plan to have the following people with me during my labor and birth:

Partner \_\_\_\_\_ Relationship \_\_\_\_\_

*\*Some delivering facilities have specific visitor guidelines.  
Please check with the individual facility for more information.*

Doula \_\_\_\_\_

Other visitor \_\_\_\_\_ Relationship \_\_\_\_\_

Other visitor \_\_\_\_\_ Relationship \_\_\_\_\_

### Comfort measures

I plan to try these comfort measures  
(check all that are desired):

- Walking, squatting, and using a birth ball
- Labor in water using a shower or tub
- Listening to music (please bring your own)
- Massage
- Aromatherapy (scented oils, fresh flowers - please bring your own)
- Wear my own clothes during labor (hospital gowns are also available)

### Pain management

I plan to:

- Labor and give birth with little or no intervention, so please don't offer pain medication. I will let you know if I change my mind.
- Have narcotic pain medication given into my IV if safe for me and my baby.
- Have epidural anesthesia.
- Make these decisions as I progress through labor, keeping all options available.

### Intravenous access (IV)

I prefer to have IV access using this method:

- Saline lock - access into a vein with short tubing and no fluid attached if possible.
- Continuous IV - access into a vein with tubing and fluids attached as needed.

### Pushing preferences and birth

I would like to try (check all that are desired):

- Lying on my side to push.
- Squatting in bed using the squat bar.
- Sitting upright in bed.
- Being on all fours.

### Episiotomy

I would prefer to:

- Not have an episiotomy.
- Have whatever is recommended by my physician for the safety of myself and baby.

### Cutting the umbilical cord

I plan to:

- Have my labor partner cut the umbilical cord.
- I would prefer that my provider cut the umbilical cord.
- I would like to delay cord clamping for at least 1 minute as long as it is safe for myself and baby.
- Other \_\_\_\_\_

### I plan to deliver at:

- SSM Health St. Clare Hospital - Fenton
- SSM Health St. Joseph Hospital - Lake Saint Louis
- Other \_\_\_\_\_
- SSM Health St. Mary's Hospital - St. Louis
- SSM Health DePaul Hospital - St. Louis

### Immediate care of my baby following birth

I plan to (check all that are desired):

- Have my baby placed skin-to-skin with me on my chest immediately following the birth.
- Keep my healthy baby with me at all times.

### Feeding my baby

I plan to (check all that are desired):

- Initiate breastfeeding shortly after the birth.
- Exclusively breastfeed my baby on demand.
- Pump and give my baby breast milk from a bottle.
- Bottle feed my baby with infant formula.

### Pacifiers

I would prefer to:

- Not use pacifiers during the hospital stay.
- Bring pacifiers for my bottle-fed baby.

### Circumcision

I plan to (check all that are desired):

- Have my baby boy circumcised.
- Not have my baby boy circumcised.

### Other things that are important to me:

---

---

---

---

---

### Consider bringing these items with you:

- Your own pillow or a favorite fuzzy blanket
- Toiletries, including hair ties
- Eyeglasses, if you wear them (as back up to contacts)
- Contact case and solution
- Nightgown, robe, slippers (hospital gowns are available)
- Comfy underwear and socks
- Nursing bra and nursing pads
- Comfortable clothes/pajamas for discharge
- Going home outfit for baby/receiving blanket
- Portable fan
- Phone and phone charger
- Breastfeeding/nursing pillow
- Snacks/drinks for you and your support people (snacks may be off limits or limited while you are in labor)
- Change of clothes for your labor coach
- Health information (medication list), photo ID and health insurance card
- Phone numbers of important contacts including newborn care provider
- Money for parking, snacks, and meals for support people if desired

### Please bring an infant car seat.

A car seat is required by law and should be properly installed in your car before you go to the delivering facility. (The National Highway and Safety Administration (NHTSA) - [nhtsa.gov/equipment/car-seats-and-booster-seats#age-size-rec](https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#age-size-rec) - provides recommendations on finding the right car seat and installing it correctly.)

This birth plan serves as a communication tool between you, your physician, and your nursing staff. It helps us know what is most important to you during your baby's birth and hospital stay. The birth process is unique to each woman and can be unpredictable. Expect that you may need to alter your birth plan if health becomes a concern. You can trust our team to honor your wishes while protecting you and your baby. Bring your completed birth plan to one of your prenatal visits. Your provider will review your plan and answer questions that you may have about what to expect during the labor and birth of your baby.

All of our hospitals, doctor's offices, and other facilities have implemented enhanced safety measures. These include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

