

Amelia's Birth Plan

Name: Amelia Johnson

Place of birth: Hospital

Attendants: Dr. Elaine Bellow

Companions: my husband, doula Ann Gann, and sister Helene Meadows

Movement: free to walk and use the shower

Pain relief: No epidural. Would prefer for it not be offered or suggested. For pain relief would prefer massage, movement and water.

IV: IV only if I become dehydrated. Would like access to juice and water

Labor Progress: We have discussed this and would prefer that the length of labor and measurement of dilation not be discussed in front of me unless necessary. I would like to be free to trust the process and focus on the contractions. If Dr. Bellow would like to intervene, I would prefer to discuss this fully with her. I will only give my consent for intervention when fully informed in person. Of course if there is an emergency, I understand that things can move quickly.

Perineum Massage: I would prefer that my doula and/or nurses apply warm compresses to my perineum before and during the pushing stage to avoid tearing.

Episiotomy: I do not consent to an episiotomy. I prefer to allow a natural tear if that occurs.

Delivery position: I would prefer to be upright and squatting or side lying if comfortable.

Instrumental Delivery: We would like to avoid vacuum or forceps intervention. But, understand that this may have to be decided on a case-by-case basis.

Umbilical Cord: We request that our baby's cord not be cut until it stops pulsating.

Baby Care: We request that the baby be put upon my chest immediately after delivery and allowed to nurse. Baby exam to be done on my chest. If the baby is sick, my husband is to be with the baby at all times.

Infant feeding: I plan to exclusively breastfeed my baby. If there is an emergency and I am unable to nurse immediately, I do NOT want the baby given a bottle. Please give any fluids necessary by a small medicine cup, so as not to interfere with his natural sucking reflex for future nursing.

Vitamin K and eye ointment: Please administer while the baby is on my chest.

Circumcision: If the baby is a boy, we will not want a circumcision done at the hospital.

We appreciate your attention to our requests. We have thought these out carefully and look forward to working with you as we welcome our baby into this world.