

Birth Plan

Name _____

Due date _____

Birth partner's name _____

Your healthcare provider _____

Your baby's doctor _____

Congratulations from your Northern Light Inland Hospital Birthing team!

As you look forward to your baby's birth, we invite you to complete this Birth Plan, which asks you to consider your personal choices in several areas. At our birthing center, we are focused on creating an extraordinary experience for you and your family – this Birth Plan will help us work together to ensure the most personalized care possible.

As your due date approaches, please discuss your preferences with your partner and healthcare provider. You are invited to take a pre-delivery tour of the birthing center and our nurses are happy to review your Birth Plan with you at that time.

Keep in mind that a Birth Plan needs to be flexible because each birth experience has its own unique circumstances and your wishes may change as your labor progresses. We recommend you join our childbirth education class, offered one day each month to further prepare you for your labor of love at Northern Light Inland Hospital.

Relaxation Techniques

- Music
- Subdued lighting
- Quiet atmosphere
- Sleep and/or rest
- Deep breathing

Movement

- Birthing ball
- Walking
- Standing/leaning
- Sitting
- Hands and knees

Family/support in labor

- One or two support people
- Suggestions/verbal
- Encouragement
- Partner only

Pain Management

- No medication
- Medication offered at my request
- Ice pack
- Warmed blankets
- Warm shower/Jacuzzi tub
- Warm perineal compresses
- Epidural

Umbilical cord to be cut by

- Doctor
- Birth partner

Circumcision

- Desired *(check coverage with your insurance company. Payment plan needs to be established prior to delivery.)*
- Not desired

Visitors Desired

- Siblings
- Grandparents
- Family members
- Others

Discharge Plan

- Educational videos
- Early discharge
- Paternity papers

Newborn Care

- Skin to skin mother-baby contact
- Breastfeeding as soon as possible
- Mother-baby rooming in
- Baby bath demonstration

Infant Feeding

- Breastfeeding
- Bottle feeding
- Pacifiers

Do you have any disabilities or special needs that require accommodations?

Do you plan to attend childbirth classes?

yes no

Is there anything else you would like us to know?

Best wishes for a beautiful birth experience! If you have questions about completing your Birth Plan, please call us for assistance, 861.3100 or toll-free, 800.967.0087.