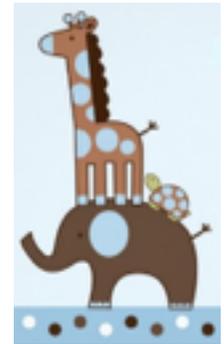


**Name:**  
**Due Date:**  
**OB:**  
**Doula:**  
**My Support Person:**

## Birth Plan



Thank you for being part of my birth team! I am a 42 year old single-mom-by-choice who has been on an incredible journey towards parenthood (IVF, angel twin). I know that this birth plan is neither a contract nor a guarantee of an uncomplicated labor but it is my goal to welcome my child as naturally and calmly as possible. I appreciate your time and effort on this exciting day!

Atmosphere & Environment: **calm and peaceful** (dim lights, music of my choice, privacy as needed)

Mobility: **freedom to move** (walking, birth ball, **access to tub**)

Monitoring: **intermittent monitoring**

Labor Induction & Augmentation: only as a last resort

Managing Labor & Pain: **nonmedical comfort measures** (please encourage me!). I am interested in sterile water injections, if available. Please don't ask my pain level too often or if I want pain meds; **if I want pain meds, I will let you know.** If pain medication becomes necessary, I may consider a mild pain reliever.

Delivery & Pushing: I would like to **wait for the urge to push** and use whichever position(s) feels best. No episiotomy or forceps unless medically necessary.

Following Delivery: **Skin-to-skin** contact immediately after birth. **Delayed cord clamping.** Baby can be examined on my chest/**all other care delayed (including eye ointment)** until after breastfeeding.

Additional Notes:

- I would like to meet with Lactation Consultant/ **breastfeed exclusively**
- Baby scent needed for pet at home
- Baby will be circumcised

C-Section: My goal is to **avoid a C-section** unless the health of me or my baby is compromised. I would like my doula and friend to be present, if possible.

Thank you so much for helping me make this a wonderful experience!