

# MotherLove

## *birth plan*

I'd like these people to visit and/or support me during labour:

I'd like these people to visit baby and I in the hours after birth:

I understand what dilation, effacement and fetal station are.

I understand what a cervical check entails and how to interpret it to understand where I'm at in labour.

I plan on consenting to cervical checks starting at \_\_\_\_ weeks.

I know what a stretch and sweep is.

I plan to consent to a stretch and sweep (and if yes, starting at \_\_\_\_ weeks)

I understand the relationship between contraction patterns and cervical dilation.

I understand the difference between continuous and intermittent monitoring.

I understand that I/my birth partner would need to advocate for intermittent monitoring if I give birth in the hospital.

I understand that continuous monitoring is required for induction + augmentation.

Questions  
Comments  
Concerns  
Feelings



If I have gone into spontaneous labour, I am OKAY/NOT OKAY with a saline lock.

I understand that I/my birth partner would need to advocate for not getting a saline lock if I give birth in the hospital.

I understand that I will be given an IV if I choose to induce/augment labour.

I understand the medical indications for when an induction becomes necessary.

I understand what the gel/Cervadil is, how it works and how that changes my labour.

I understand what the bulb/balloon/Foley is, how it works and how that changes my labour.

I understand what Pitocin/oxytocin is, how it works and how it changes my labour.

I understand the risks and benefits of being induced.

Pending all is well with baby and I, I'm comfortable with being induced at \_\_\_\_ weeks.

I understand the risks and benefits of nitrous oxide for pain relief.

I understand the risks and benefits of morphine for pain relief.

I understand the risks and benefits of the epidural (bupivacaine/fentanyl) for pain relief.

I know that the likelihood of having an instrumental delivery and cesarean increases with epidural use.

I am open to:    nitrous oxide      
                         morphine              
                         epidural                   

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I would like to use acupuncture for pain relief during labour (and have practiced the points with my birth partner if applicable).



I am planning on making a playlist that I may be interested in listening to during labour.



I know what both a cleansing breath and labour breathing is.



I know how to do a roving body scan and progressive relaxation.



I meditate and will have some meditations to listen to during labour.



I want to use hypnobirthing language during my labour.



I plan on using hypnobirthing techniques and meditations.



I am open to being massaged during labour.



I am open to comforting touch on my...

Please don't touch my...

I would like to use the shower or bath for pain relief and use may/will be limited if I have an IV, if my water has been broken, or if I'm being induced.



I've completed the 'Comfort Measures Checklist' and shared it with Janalee and my birth partner.



I've prepared the labour stations + early labour homework.



I have read the evidence on premature rupture of membranes.



I'd like to wait \_\_\_\_ hours before being induced if I have PROM or my water breaks + I have contractions.

I have read the evidence on artificial rupture of membranes and know what I would like if I'm not being induced.



I understand the relationship between being GBS+ and my water breaking.



I WILL/WILL NOT consent to antibiotics if GBS+.

Questions  
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Immediately after delivery, I would like:

... to be given a pitocin shot if necessary  
OR  
... to be given a pitocin shot regardless

... delayed cord clamping  
OR  
... to bank/donate the cord blood

... to deliver the placenta spontaneously  
OR  
... to have the placenta delivered with assistance

... my birth partner or I cut the umbilical cord  
OR  
... have the OB cut the umbilical cord

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I would like to breastfeed for baby's first feed.

I plan on exclusively breastfeeding.

I would like to use expressed breast milk if baby needs extra supplementation.

I would like to use formula if baby needs extra milk supplementation.

Baby will receive the vitamin K shot.

Baby will receive the eye ointment.

Baby will get their first bath at home.

Other things to consider:

My birth partner knows 5 specific and/or hands-on ways they can support me during labour (hint: use a copy of the comfort measures checklist!)

I know how fetal monitoring/induction/epidural can affect labour and pushing positions.

I understand the evidence on eating and drinking during labour.

Using the BRAIN acronym, I know that I am the permission-giver, not the permission-seeker.

I feel really, really, really motherlovin' good about my birth plan.