

My Birth Plan
For mother and baby

Your birth plan is a document that you write for yourself and your healthcare team.

This is my ______________________(1st, 2nd, 3rd, etc.) baby.

My due date is: ____________________________________

My Support Team
My prenatal healthcare provider is:

______________________________________________

My support people will be:

______________________________________________

______________________________________________

______________________________________________

Labor
My preferences for labor are:

______________________________________________

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______________________________________________

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______________________________________________

My choices for pain control are:

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______________________________________________
If I have a Cesarean birth (C-section), I want this person with me:

____________________________________________________________________

If any unexpected events occur, I want my healthcare team to know:

____________________________________________________________________

____________________________________________________________________

**After Delivery**

☐ My partner would like to cut the umbilical cord.

☐ We would like to donate the cord blood.

My baby’s healthcare provider will be:

____________________________________________________________________

The type of family planning I will use is:

____________________________________________________________________

**Breastfeeding**

I have these questions or concerns about feeding my baby:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

My plan for feeding my baby is: ____________________________

☐ I would like lots of help.

☐ I want to talk with a lactation consultant.

**Newborn Care**

I will bring a car seat to the hospital: ☐ Yes ☐ No

If I have a son, I would like information about circumcision: ☐ Yes ☐ No

**Other Preferences and Wishes**

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