

# [Name of Baby] Birth Goals



## **PERSONAL INFORMATION:**

Baby's Name:

Mommy and Daddy's Name:

Insurance:

Doctor:

Doula:

Birth Place:

Pediatrician:

\*\* Mommy's Allergies:

## **Pre-Birth:**

- Stay at home until contractions are 2-3 minutes apart or water breaks
- Cold ice water available at all times
- Try walking outside during early contractions
- Bake nurse's cookies ☺

## **On the way to the hospital:**

- Call Labor and Delivery wing [phone number]
  - o Request:
    - Telemetry unit (they have 2)
    - Handicap room (showers have enough room for birthing ball)
    - Bed Bar
    - Nurse who enjoys natural births
    - Lactation nurse for right after birth
    - Inform we will be donating the cord blood

## **During Labor:**

- Planned Vaginal Birth
- Planning to avoid Pitocin and an Epidural
  - o Not against using a narcotic if labor is so long I need a break to rest
- I do not want an episiotomy
- I want to be able to use my birth ball, change labor positions, not be stuck to the bed
- Calming Measures
  - o Birth mantras from Baby Journey Journal are available for use, led by doula
  - o Try music, dimmed lights, fragrance diffuser, flameless candles
- I don't mind pictures my husband or doula want to take them
- I don't want my water unnaturally broken unless my doctor ok's it
  - o Discussed how she only feels the need for it if dilation stops on it's own
- No family unless I request it
  - o Only [Baby's Dad] and [Doula], present entire time
- As few interruptions as possible from hospital staff & medical equipment
- I don't want the fetal monitors on me more than necessary
  - o Avoid internal fetal monitoring
- I am ok with having an IV needle, but NOT an IV hookup
- I would like constant access to ice chips and popsicles to help me stay hydrated and alert
- I would like hospital staff to tell me when to push
  - o Avoid forceps and vacuum extraction
  - o Would like to be offered the mirror or to touch the baby

**IF a C-section becomes necessary:**

- Make sure all other options have been exhausted
- I would like to stay conscious (if possible)
- For [Baby's Dad] to stay with me and the baby at ALL times
- Surgery explained as it is happening [for Baby's Daddy, too]
- [Baby's Daddy] to have skin-to-skin directly afterwards

**Post Labor:**

- Immediate skin to skin (as long as baby is healthy) and breastfeeding with lactation nurse
  - o Hold off on cleaning [Baby]
  - o Only my breast milk will be given to feed [Baby]
    - I am interested in donating breast milk
  - o I would like my husband to cut the umbilical chord
- Pitocin in order to help pass the placenta is ok
- I would like to donate the Chord Blood
- Family only ok'd to visit if I approve
- **IF** the baby needs to be removed from the room, I want [Baby's Daddy] to stay with the baby at **ALL** times
  - o Baby is to be kept in same room as I am unless there is an emergency
- [Baby] will **NOT** be circumcised
- All tests and medications are ok to be given
  - o I would like Vitamin K before leaving the hospital
- Additional footprints in the Baby Book (in my hospital bag)

**Recovery Room:**

- All of family ok to visit at this time
- I would like to stay in hospital only as long as medically necessary
- Would like to apply for Baby's SS# when applying for his birth certificate

**Important Phone Numbers**

[Baby's Daddy]	-
[Doula]	-
Grandpa	-
Grandma	-
Uncle	-
Aunt	-