Birth Wishes for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(you may include a short note with a thank you for partnering with us at our birth, name of birth partners and doulas and include any very important information that will be beneficial for doctors and nurses to know ie. Any medical conditions, mental illness, important requests, religious traditions)

Birth Desired



Medication/procedures



Birth wishes



Limited cervical checks

Pushing and Delivery

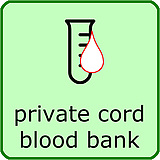


Immediate Postpartum



No Umbilical Cord Traction

Cord blood/placenta



Newborn care and procedures



Cesarean Plan

* If a C-Section is not an emergency, please give us time alone to think about it
* My partner present in the OR
* My doula present in the OR
* Contact with the baby ASAP
* Keep us the focus in the OR…avoid small talk with others
* Hold baby skin to skin and nurse in the OR
* Hold baby and nurse in recovery

Baby Care (separate plan if desired to put on bassinet at hospital)



Non Separation