

# Delivering Good News

## BIRTH PLAN CONSIDERATIONS:

- Who will be with you?
- Do you want a doula?
- Will your children be present?
- What activities or positions do you plan to use? (walking, squatting, hands and knees)
- Do you prefer a birth position?
- What will you do for pain relief? (breathing, exercise, Jacuzzi, medication)
- Is fetal monitoring optional?
- Do you want pain medications?
- Would you be willing to have an episiotomy? Or, are there certain measures you want to use to avoid one?
- What are your preferences for your baby's care? (when to feed, where to sleep)
- Do you want a routine IV, or a heparin/saline block?
- Do you want to wear your own delivery gown?
- Do you want music?
- Do you want to use the tub?
- For home and birth center births, what are your plans for hospital transport in case of emergency?
- If you need a cesarean, do you have any special requests?

## Plan Your Delivery

### Congratulations on your upcoming delivery!

Throughout life, we prepare for things that matter and planning for the birth of your baby is no exception! Every woman's labor experience is completely unique and during labor and delivery, you may have personal preferences as well.

When preparing for one of the most exciting days of your life, take time to think through the details of your goals, hopes and desires for this special day. Create a birth plan that contains simple, clear statements with your preferences for the birth of your child and throughout your hospital stay. It is an effective way to communicate important details with those with the privilege of supporting and caring for you.

As there are so many aspects of birth to consider, it is best not to wait until the last minute to put your plan together. You should provide a copy of your birth



plan to everyone directly involved in the birth of your baby, including your physician or midwife.

Keep in mind a birth plan may need to change and you should try to remain reasonably flexible, should this occur. Remember, the most important thing is the safe birth of your little bundle of joy. Keeping that goal in mind, the points in the left hand column can serve as a guide as you

prepare your birth plan.

**\*\*The hospital delivery gowns pictured above are a fun and practical birthing option.**

Whimsical prints or solids, they feature a low back for epidural access and a tie front for easy belly monitoring.

All styles and sizes are available at Baby Bump Maternity.

## Bouncy Baby

You intuitively rock and bounce with your baby in your arms. Due to babies highly developed

vestibular system, that, along with touch, conveys sensation, soothing your child. But the motion also

promotes early brain development and even better visual alertness. So bounce away!