

Birth Plan Worksheet

ATTENDANTS AND AMENITIES

I'd like the following people to be present during labor and/or birth:

- ☐ Partner:
- ☐ Friend/s:
- ☐ Relative/s:
- ☐ Doula:
- ☐ Children:

I'd also like:

- ☐ To bring music
- ☐ To dim the lights
- ☐ To wear my own clothes during labor and delivery
- ☐ To take pictures and/or film during labor and delivery

LABOR

- ☐ I'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd like:

- ☐ My partner to be allowed to stay with me at all times
- ☐ Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)
- ☐ To wear my contact lenses, as long as I don't need a c-section
- ☐ To eat if I wish to
- ☐ To stay hydrated by drinking clear fluids instead of having an IV
- ☐ To have a heparin or saline lock
- ☐ To walk and move around as I choose

As long as the baby and I are doing fine, I'd like:

- ☐ To have intermittent rather than continuous electronic fetal monitoring
- ☐ To be allowed to progress free of stringent time limits

If they're available, I'd like to try:

- ☐ A birthing stool
- ☐ A birthing chair
- ☐ A squatting bar
- ☐ A birthing pool/tub

I'd like to bring the following equipment with me:

- ☐ Birthing stool
- ☐ Beanbag chair
- ☐ Birthing pool/tub
- ☐ Other:

When it's time to push, I'd like to: