

## *With This Birth, I Plan To Try . . .*

### **DISTRACTIONS:**

- Sleep and/or rest
  - Take a walk
  - Talk with family and friends
  - Read
  - Play a game\*
  - Eat a light meal
  - Breathe in patterns
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### **RELAXATION TECHNIQUES:**

- Use paced breathing
  - Consciously release each muscle group
  - Release to partner=s touch &/or massage
  - Use visual imagery
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### **USING THE SENSE OF TOUCH THROUGH TEMPERATURE:**

- Ice
  - Heating pad
  - Hot water bottle\*
  - Alternating hot/cold packs
  - Warmed blankets
  - Rice socks
  - Warm bath and/or shower
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### **USING THE SENSE OF TASTE:**

- Popsicles (if available)
  - Sour sucker\*
  - Ice chips with flavorings\*
  - Toothpaste and/or mouthwash
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### **USING THE SENSE OF HEARING:**

- Play music\*
  - Talk
  - Sing
  - Read aloud
  - Moan
  - Pray
  - Chant
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### **USING THE SENSE OF SMELL:**

- Pillowcase from home
  - Washcloth from home
  - Favorite lotion or fragrance
  - Baby powder
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### **USING THE SENSE OF TOUCH ON THE SKIN:**

- Lightly stroke sheets with fingers
  - Feel partner's face with fingertips
  - Do effleurage
  - Have partner do effleurage on you
  - Partner do gentle touch relaxation
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### **USING THE SENSE OF TOUCH THROUGH DEEP PRESSURE:**

- Sit in a hot tub
  - Use a shower massage
  - Use vibrating pillows\*
  - Have someone do acupressure
  - Partner to massage (heavy pressure)
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### **USING THE SENSE OF VISION:**

- External focal point
  - Internal focal point
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### **USING THE SENSE OF TOUCH THROUGH STEADY PRESSURE:**

- Apply chapstick/lipstick\*
  - Kiss
  - Maintain pressure on upper lip with finger
  - Use palms to squeeze something
  - Stand on something hard
  - Have someone do acupressure
  - Apply pressure to the external genitalia/use birthing ball
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### **USING THE SENSE OF TOUCH THROUGH MOVEMENT:**

- Walk
  - Change positions frequently
  - Stand
  - Rock
  - Hug someone
  - Do pelvic rock/tilt in all positions
  - Use patterned breathing
  - Gently shake joints
  - Use rhythmical movements
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### **OTHER:**

- Partner + additional support person(s)
  - Doula (professional labor support person)
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*\*Important to bring these items in with you from home*

# **BIRTH PLAN**

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

As responsible healthcare consumers and parent-to-be, we desire a safe and individualized birth experience. If an emergency arises, we trust our care providers to utilize their knowledge and skills to the best of their ability to attempt to affect the best possible outcome. If a minor complication occurs, we ask that we be given complete information about the situation and any possible interventions, including their benefits, risks, and possible alternatives. We would then like to share in making the decision regarding which action to take and will also share in the responsibility for the resulting outcome. As long as labor proceeds normally, we desire an approach to the mother's and baby's care which incorporates the following:

<b>Things you may want to consider:</b>	<b>My <i>ideal labor and birth</i> would include:</b>	<b>If my labor is much longer and harder than I had expected, I plan to:</b>	<b>If I have to have a cesarean birth, I would like to:</b>
<ul style="list-style-type: none"> <li>* Support person(s)</li> <li>* Doula (professional support person)</li> <li>* Birthing room (LDR, LDRP) or traditional labor and delivery rooms</li> <li>* Walking, frequent position changes</li> <li>* Showers/baths during labor</li> <li>* Use of medication</li> <li>* Shaving of perineal hair</li> <li>* Enema</li> <li>* IV</li> <li>* Auscultation of fetal heart tones by nurse or electronic fetal monitor</li> <li>* Choice of pushing position</li> <li>* Perineal massage or routine episiotomy</li> <li>* Contact with baby</li> <li>* Initiation of breastfeeding</li> <li>* Rooming-in</li> <li>* Family/sibling visits</li> <li>* Circumcision</li> <li>* Early discharge</li> </ul>			



### **TIPS ON DEVELOPING YOUR BIRTH PLAN**

1. Always be positive with your tone of writing. Avoid statements that sound challenging or threatening. Use phrases like "we prefer", "it is important to us that", and "please". "Do not" and "we don't want" may make care providers feel their hands are tied and lead to strained communication.
2. Try to get all the information on one page. Bullet the information and keep it simple and to the point. Healthcare providers may not read your plan if it is a long document of several pages.
3. Be familiar with why you have requested what you have requested. You are more likely to get a positive response when it is perceived you know what you are talking about.
4. Be flexible. The course of labor may offer challenges which can cause you to change your mind about what you want to do. It may also proceed more quickly or be easier than you anticipated. This, too, can lead to changes in your birth plan.
5. If a Cesarean is needed and the situation is not critical, you may have some options which can make this a very positive experience. Develop a contingency plan for this.
6. Have a plan for your baby. Address rooming-in, circumcision, breastfeeding or bottle feeding, use of artificial nipples, etc. Put this on a separate page.
7. If something is very important to you, underline the main point. Example is: "Dad to cut cord".
8. If you are thinking about avoiding the use of medication for pain, avoid statements like "Don't give pain medication". Instead, say something along the lines of "The mother desires to attempt an unmedicated labor. Please assist us by helping with comfort measures. We ask that the staff avoid suggesting an epidural or IV narcotics. We realize that these options exist and will let you know if the mother decides she needs the pain relief they offer."
9. Make a few copies of your birth plan. Save one for your baby book, give one to your doctor as you discuss your options, and take one to the hospital with you to have on hand just in case the doctor's office copy did not make it to the hospital with your prenatal records.
10. **REMEMBER:** This plan is to be used as a tool for communication of your desires, however does not constitute a contract. Do not ask your healthcare providers to sign your birth plan. In the event of an emergency, your healthcare providers will utilize their knowledge and skills to act in a manner that will allow for the best possible outcome for you and your baby.