



Birth Plan Brainstorming

If you have a choice, do you prefer a vaginal delivery or a C-section?

Whom will you allow in the delivery room? (i.e. Spouse, doula, photographer, clergy, other family members...)

Based on the prenatal diagnosis, what are the observations related to it that are pertinent to delivery and after-care? (If you aren't sure, here's where your support groups come in handy—ask experienced parents!)

Do you wish the delivery team to know Baby's name and use it?

What are your preferences for pain relief? What would you consider should you need it?

If you prefer a vaginal delivery, are you willing to have a C-section if there are signs of distress?

Do you wish for your baby to be continuously monitored during labor? (You may wish to speak with our Mama Bear Care Coordinator to understand the implications of monitoring vs. no monitoring.)

What are your wishes regarding a C-section in the event one is needed or you choose it?

Would you like Baby on your chest immediately after delivery? Along with this, would you like skin-to-skin time if possible?

How and when do you prefer evaluations be done? (For example, we asked for as much as possible to be done on my chest, with routine care such as suctioning, toweling off, eye ointment, etc. waiting so we could evaluate her condition and give Baby as much skin-to-skin time as possible.)

Do you choose delayed cord clamping, or are you okay with it happening whenever the delivery team clamps the umbilical cord?

If breathing support is needed, are you ok with CPR, oxygen, and/or intubation? Are there any measures you do NOT want to take?

Does your baby's diagnosis require special evaluations prior to attempting feedings? If so, mention this!

What are your desires for feeding baby? Do you hope to breastfeed? Do you need a hospital-grade pump in the event your baby needs help with feeds so that you can establish your milk supply?

If feeding support is needed, are you ok with a feeding tube?

If you would like your baby's life to be supported based on vital signs and unique anomalies, NOT based on his or her diagnosis, we recommend you make this clear in your birth plan.

If you would like a parent to be present with your baby at all times (especially in the event he/she needs to be taken elsewhere for immediate support), note this on your plan.

Do you have a specific photographer you would like to go with you? If not, reach out to the folks at www.NowILayMeDowntoSleep.org.

Are there specific aspects to post-birth medical care that you wish to see happen? (i.e. will Baby need a brain scan, echocardiogram, etc.)?

Finally...this is not easy to think about, but what would you like to have happen in the event Baby is stillborn? (Hold, bathe, dress, take photographs, etc.)
