

BIRTHING NATURALLY

Birth Planning Check Sheet

This worksheet is designed to help you organize your thoughts about various options while you plan for giving birth. Use this list to help you investigate your options and keep track of which ones are best for your labor. You do not need to include everything in a written birth plan, only include those issues about which you have a preference.

Starting or Speeding Labor

- Spontaneous Up to 42 weeks Beyond 42 weeks
- Self induced Walk Enema Castor Oil Nipple Stimulation Thumb Sucking Accupressure
- Medically induced Prostaglandin gel IV Pitocin Amniotomy Cytotec

Monitoring Labor

- Intermittent Fetoscope Doptone External Monitor Telemetry
- Continuous External Monitor Internal Monitor Telemetry

Hydration

- IV Fluids Heparin Lock NPO (No liquids by mouth)
- Clear Liquids Popsicles Ice Chips Lollipops Broth Tea Sodas
- According to Thirst Limited to clear liquids No limit

Pain Relief

- Relaxation Techniques Breathing Imagery/ Visualization Focal Point Massage Vocalization
- Narcotic Only if requested Offer as soon as possible
- Epidural / Spinal As soon as possible When requested "Walking" or light administration

Comfort Items and Techniques

- Environment Lighting Temperature Sounds/Music Fresh Air Own clothing/bedding
- Water Labor Tub Birth Pool Shower
- Massage Tools Tennis Ball Rolling Pin Heating Pad Ice Pack Lotion

Positions

- Upright Walking Lunging Leaning on wall/person Sitting on ball Rocking Chair
- Hands and Knees With Ball On Bed Pelvic Rocking Chest to Floor
- Reclining On side Recliner Chair

Pushing

- Positions Squatting Standing Hands and Knees Reclining
- Duration Spontaneous Directed Prolonged
- Perineal Care Support Massage Compresses Positioning Episiotomy

Cesarean

- Support Partner Doula Family Members
- Anesthesia Epidural Spinal General
- Environment Describe Events Video/Photos Baby and mom together for recovery

Baby Care

- Cord Cutting Partner Mother Family Members Wait until stops pulsing
- Temperature Regulation Mother's Abdomen Warming Unit
- Newborn Care Delay Procedures Vaccinations Circumcision First Bath Copy of Footprints
- Nursery Rooming In Partner Rooming In Nursery on Request Pacifier / Bottle