

Visual Birth Plan

PERSONAL INFORMATION

Name: _____ Partner's Name: _____

Address:

Phone Number: _____ Due Date: _____ dd / mm / yyyy

Provider's Name: _____ Emergency Contact: _____

Pre-existing Conditions:

GBS Status: _____ Baby's Gender: _____

DELIVERY PLAN

Delivery Plan

- ☐ Vaginal Birth
- ☐ Scheduled Induction
- ☐ Planned C-section
- ☐ TOLAC/VBAC
- ☐ Water Birth

FEEDING PLAN

Feeding Plan

- ☐ Breastfeed
- ☐ Formula Feed
- ☐ Combination
- ☐ Undecided

BIRTH PREFERENCES

Environment Lighting Preferences: _____ Sound/Music Preferences: _____

Photography/Video Plans: _____

SUPPORT

Who's in the Room: _____ Hands-on Support: _____

MEDICAL PAIN MANAGEMENT

Epidural Use: _____ Other Options: _____

NON-MEDICAL PAIN RELIEF

Non-Medical Pain Relief

- ☐ Breathing Techniques, Meditation, Visualization
- ☐ Shower, Labor Tub
- ☐ Massage, Counter Pressure
- ☐ Position Changes, Birthing Ball, Rebozo

Birthing Positions: _____

PUSHING AND BIRTH

Pushing and Birth

- ☐ Guided Pushing
- ☐ Mirror for Seeing Baby's Head
- ☐ Warm Compress for Perineum

EPISIOTOMY AND TEARING

Episiotomy and Tearing

- ☐ Avoid Episiotomy
- ☐ Discuss Episiotomy vs. Natural Tearing
- ☐ Post-Tearing Pain Relief

IMMEDIATELY FOLLOWING BIRTH

Immediately Following Birth

- ☐ Delay Newborn Care Procedures for Skin-to-Skin
- ☐ Breastfeed Within 1-2 Hours
- ☐ Delayed Cord Clamping

CORD AND PLACENTA PREFERENCES

Cord and Placenta Preferences

- ☐ Partner to Cut Baby's Cord
- ☐ Delayed Cord Clamping
- ☐ Save Placenta

NEWBORN CARE PROCEDURES

Newborn Care Procedures

- ☐ Eye Ointment, Vitamin K Shot
- ☐ Blood Test, Hepatitis B Vaccine
- ☐ Hearing Screening, Circumcision

POSTPARTUM HOSPITAL STAY

Postpartum Hospital Stay

- ☐ Rooming In
- ☐ Delay Baby's First Bath
- ☐ Limit Hospital Staff in Room

POSTPARTUM COMFORT MEASURES

Postpartum Comfort Measures

- ☐ Stool Softener, Laxative, Dermoplast
- ☐ Perineal Ice Packs, OTC Pain Meds

NICU CARE (IF NEEDED)

NICU Care (if needed)

- ☐ Partner Accompany Baby
- ☐ Breastfeed/Pump for Baby

COVID-19 CONSIDERATIONS

COVID-19 Considerations

- ☐ Follow Hospital Guidelines
- ☐ Communicate Preferences Clearly