



PLANNING FOR BIRTH DAY IS IMPORTANT

MY PREFERENCES FOR A SAFE AND HEALTHY BIRTH

Name _____

Care Provider _____

Important Notes (Areas of high concern or risk, cultural preferences, VBAC): _____

| BEFORE LABOR BEGINS Use Lamaze Healthy Birth Practices #1 & #3 | DURING LABOR Use Lamaze Healthy Birth Practices #2 & #4 | DURING BIRTH Use Lamaze Healthy Birth Practice #5 | IN CASE OF COMPLICATIONS | NEWBORN CARE Use Lamaze Healthy Birth Practice #6 |
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Describe your plan for letting labor begin on its own and your plan for support during labor, including the possibility of a doula.

Describe your plan for coping with labor such as movements (walking and changing positions), baths and showers, massage and breathing and relaxation techniques. Describe your wishes for eating and drinking during labor.

Describe your plans for listening to your body when it comes time to push, including choosing the position that feels best for you and pushing when your body tells you to.

If, for a medical reason you need to have labor induced or cesarean surgery, describe your plans to keep labor and birth as normal as possible, including frequent changes of position (induction) and having the baby placed immediately on your chest after birth (both induction and cesarean). Note the importance of being involved in the decision making process.

Describe your plans for delayed cord clamping, skin-to-skin contact immediately after birth, baby allowed to self-latch and frequently breastfeed and keeping parents and baby together including all newborn care done at the bedside.