



Birth Plan

Chloe Anderson

OB/Midwife: Alyssa Taylor

Partner: Alexandra

Est Due Date: Sep 28, 2018

Pediatrician: Dr. Jessica Cardinal

Thank you all in advance for being fantastic and doing your best for me and my baby. **This is my 2nd child. I have had a C-section, and another C-section is the best route for me.** I understand things don't always go as planned. I trust you will explain and discuss with us all procedures and potential problems. Thank you for using my preferences to help guide and inform my birthing process.

Medical Notes: group B strep, gestational diabetes, Rh incompatible with baby, preeclampsia



**Please delay all baby procedures 12–24 hours after birth, if possible.
I would like skin-to-skin contact as soon as possible.
I would like to try breastfeeding after talking to a lactation consultant.**

For my Cesarean, I would like:

- a moment alone with someone from my support team to process prior to surgery
- someone from my support team to remain in the room
- the surgery explained as it happens
- to watch the birth
- skin-to-skin contact asap
- to try breastfeeding asap
- the baby exposed to vaginal fluids
- double-layer sutures are preferred

Other Notes:

Environment Preferences: dim lights, birthing ball, music, aromatherapy, fan, candles

To prepare for birth I have studied: General Birth Education

After Birth, I would like:

- my team would love to cut the umbilical cord
- delayed cord-clamping
- please save: blood and cord
- please send a lactation consultant in asap after birth
- myself or someone from my team with baby during any treatments or tests
- please delay all procedures 12–24 hours after birth
- baby to stay in my room at all times

Please DO NOT give: sugar water, formula, pacifier, Hep B vaccine, bath

If baby is not doing well, I would like:

- to accompany baby to the NICU or another facility
- to try breastfeeding or to provide pumped milk
- to hold baby whenever possible

Postpartum, I would like:

limited visitors, ice packs, to wear my own clothes, Depends and/or heavy duty pads, to stay in the hospital as long as possible

Support Team:



Alexandra
PARTNER



Madison
FRIEND



Maria
DOULA

Birth Plan 
Birth with Confidence