

DIANA'S BIRTH PLAN

Due Date: 10/19/2017

Support People: David Hernandez (husband) & Blanca Najera (mom)

LABOR

- **Position:** Freedom to move around & change positions to promote comfort or progress.
- **Atmosphere:** Music/Relaxing Sounds & Dim Lights
- **Pain Management:** No pain medication unless requested & would like options explained to me
- **Please Offer Me:** Hydrotherapy/ Tub access (highly requested)/Birthing ball/Massage/Aromatherapy/Breathing techniques
- **Fetal Monitor:** Wireless to allow movement if available, but open to intermittent fetal monitoring on ball
- **During Crowning:** Warm compresses/perennial massage

DELIVERY

Vaginal: Position will be decided at the time.

- Coached pushing & follow my body's instincts as well
- No episiotomy unless necessary; prefer perineal massage or warm compress to reduce risk of tearing
- No use of forceps or vacuum, unless medically required

POSTPARTUM/BABY CARE

- Father (David) will cut cord after it stops pulsating

- **Allow vernix to absorb into baby's skin, or be rubbed in**
- **Skin to skin after dabbed down**
- **Delay bath; David/both of us to be present for 1st bath**
- **Baby will NOT be circumcised**
- **Room in with baby**
- **If baby needs medical care & must be separated from me, I'd like David to accompany our baby**

FEEDING

Exclusively breastfeeding. Please do not offer baby pacifier, bottles, formula, water, etc.

UNEXPECTED EVENTS

Safety of baby & myself is first priority, I am certainly flexible in this plan to ensure our safety.

**We look forward to a wonderful experience! Thank you!*