

Highland Hospital Family Maternity Center Birth Plan

Childbirth and the start of a new life will hold many cherished memories. We at Highland's Family Maternity Center want to help make your birth the safe, unique experience you want it to be. Our goals are to personalize your care to fit your expectations and work with you to provide a safe and satisfying birth experience. By completing this birth plan and sharing it with your health care provider and the Family Maternity Center, we will all be off to a good start in our partnership for your labor and delivery.

If you have questions about your options or are uncertain about which options might work best for you, please make your doctor or midwife aware of your questions. Highland's Family Classes has a variety of programs to help you get ready for childbirth and parenting. Ask your health care provider for a brochure or call 473-BABY (2229) for more information about our classes.

Mom's Name _____

Coach Name (s) _____

Due Date _____ Mother's Health Care Provider _____

Baby's Health Care Provider _____

Thank you for placing your trust in Highland's Family Maternity Center. We realize your priorities and expectations may change as you gather more information throughout your pregnancy, childbirth, and hospital stay. Please update this guide as needed and do not hesitate to ask us questions or request that we discuss/explain any aspect of your or your baby's care while you are here. We want all our families to have safe, personalized birth and bonding experiences. Let us know how we can help.

While Laboring At Home:

Your surroundings during labor can have great influence on your ability to relax and work with your body. Check the ideas you would like to try while you are at home and use the space at the end of this section to write down ideas of your own.

Before Labor Starts

- Pack your labor kit with items for your comfort during labor.
- Pack a separate bag with items you will need after the baby is born.
- Purchase a fresh supply of sanitary napkins to use in labor.
- Protect your bedding, furniture, and car from amniotic fluid with waterproof materials.
- Stock up on "clear liquids" (Jello, juice, broth, Popsicles) to keep you hydrated during labor at home.
- Plan for childcare/pet care for your hospital stay.
- Make a copy of your birth plan for your doctor or midwife and for the hospital staff. Bring your own copy and your childbirth manual to the hospital in your labor kit.
- Watch for signs of labor
- Rest
- Nourish your body
- Practice breathing and relaxation techniques so they will be fresh in your mind once labor starts.
- Don't overdo if the urge to "nest" occurs.

Once Labor Starts

- Time contractions
- Call your doctor or midwife as per their instructions
- Rest and keep yourself nourished and hydrated as per your midwife or doctor's instructions
- Get ready to go to the hospital- get gas, put your labor kit, suitcase, and car seat in the car.
- Breathing patterns you want to use:
 - Slow Chest Slow Abdominal Hoot
 - Pant Blow Hoot Hout
- Comfort Measures for early labor:
 - Position changes Fluids Shower Hot packs
 - Massage Rocking Walking Music
- _____

Once You are Admitted:

Setting the Mood

- Close the door to mute hallway noise and increase privacy.
- Soft Lighting
- Music or relaxation tapes/CDs and a battery operated Boom Box/headphones if you want the music loud.
- Temperature control—Ask your nurse for help if your room is too cool or too warm.
- _____

Your Physical Comfort

- Wearing your own clothes
- Walks
- Rocking chair
- Jacuzzi/shower
- Frequent position changes
- Focal Point
- Breathing patterns _____
- Relaxation techniques _____
- Hot/Cold packs
- Ice chips/fluids
- 2 or 3 of your favorite pillows. Use colored/patterned cases so they don't get lost amongst hospital pillows.
- Epidural anesthesia
- Pain medication(s): Type _____
When & Under what conditions? _____
- _____

Immediate Postpartum

- Skin to skin contact as soon as possible after birth
- Support person to identify sex of baby
- Support person to cut cord
- Breastfeeding as soon as possible after birth
- Other requests _____

Cesarean Birth

- Support person to be present _____
- Drape lowered so you may observe birth
- Support person to hold baby when baby is ready
- Breastfeeding in recovery room

Mother/Baby Care

- Support person staying with mother and baby _____
- Breastfeeding
- Bottle feeding
- First bath done by mother/support person with nurse
- Rooming in
- No bottles unless medically indicated
- Visitor restrictions _____
- Circumcision _____
- Discharge planning
- Notes _____
- Other ideas _____