



SIMPLEST™ **Birth Plan** **Builder**

The delivery and birth of your baby is a very special moment.
To help ensure you get the delivery and birth you want, you need a birth plan.

BIRTH PLAN BUILDER

A birth plan is a written outline you create to tell your health-care team what you would like to happen before, during, and after labor, delivery and recovery.

It is specific to

YOU,

your wants, your needs, your medical history, and the services available to you.



YOU DON'T ALWAYS GET WHAT YOU WANT

Depending on how your delivery progresses, it might impact your preferences. For example, if you want a vaginal delivery but you begin to experience complications, you might be required to have an emergency C-section. So, **flexibility** is important.

SHARING THE PLAN

You will share your birth plan with:

- Your partner,
- Your doula,
- Your doctor
- Your Midwife

ahead of time to make sure all your preferences are possible and there are not any unforeseen complications.

BIRTH PLAN

Background Info

My Name: _____

My baby's due date: _____

Medical team names and contact info:

Doctor: _____ Contact Info: _____

Midwife: _____ Contact Info: _____

Doula: _____ Contact Info: _____

Pediatrician: _____ Contact Info: _____

Birth partner's name: _____

Contact Info: _____

Primary support person: _____

Contact Info: _____

Where are you giving birth: _____

Address: _____

Contact Info: _____

Labor

Who do you want with you during labor: _____

1 Name: _____
Contact Info: _____

2 Name: _____
Contact Info: _____

3 Name: _____
Contact Info: _____

Primary support person during labor:

Name: _____

Contact Info: _____

What positions of labor do you prefer:

Sitting Standing Lying Down Walking Using a Birthing Ball Other

Kneeling Squating In Shower In bathtub in birthing tub

Do you want:

Lights Dimmed Y N Music Playing Y N Quite Y N

Other: _____

BIRTH PLAN

Labor

What type of pain management do you want: _____

- Medication Changing Positions Breathing Techs Massage Birthing Ball
 Epidural Acupressure Self-Hypnosis TENS Hydrotherapy

Other:

Fetal Monitoring by:

Electronically or Stethoscope / Fetoscope

Continuous or Intermittently

Delivery

Prefer position during delivery:

- Birthing Stool Standing Side Lying Birthing Ball Birthing Tub
 Kneeling Squating In Shower In Bathtub Reclining Hands & Knees

Other _____

Who do you want in the delivery room: _____

Do you have an feeling about using forceps or vacuum: _____

Any feelings about Vitamin K shot or eye drops: _____

An Episiotomy Yes, rather than risk tearing Only as a last resort I do not want an episiotomy

Do you want to view the birth using a mirror: Yes No

If a boy I want him: circumcised uncircumcised

Can pictures or video be taken: Yes No

BIRTH PLAN

After Birth

I want skin-to-skin immediately after delivery:

Yes No

Delayed cord cutting:

Yes No

Banking cord blood:

Yes No

Banking cord tissue:

Yes No

Delayed Bathing:

Yes No

Having baby stay with me as much as possible

Yes No

Who cuts the cord: _____

For Feeding I prefer:

Breastfeeding

Formula

Both

I would like to have the help of a lactation specialist:

Yes

No

I want the baby to sleep in:

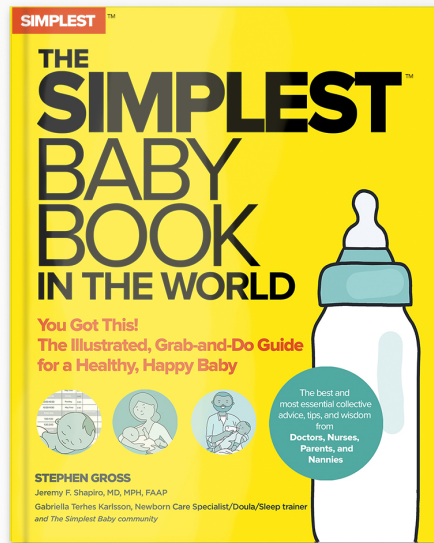
My Room

Nursery



The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



Baby's first year
We've got you cover!

Order Today

<https://simplestbaby.com/book/>



HIGHLY ILLUSTRATED GUIDE

700+ instructive illustrations make learning faster and easier.



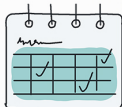
BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



THE MUST-HAVE LISTS

Every chapter starts with the essential list of products, providing a handy checklist for everything you will need for preparing the nursery, breastfeeding, bathing, sleeping, feeding, safety, traveling, and more.



BEST OF THE BEST FROM THE EXPERTS

Helpful advice and recommendations from doctors, nurses, and baby-care experts that help make life just a little easier.



DADDY HACKS

Dad's simple work-arounds and shortcuts for everyday baby issues.