

In BirthPlace at Hardin Memorial Hospital, we want the birth of your baby to be one of the most memorable and joyful experiences of your life for you, your partner and family. We want to give you the tools needed for you to take some time thinking through the details of your hopes and desires for this special event in your life. Writing a birth plan will give you a chance to think about and discuss with your partner and your caregiver how you would like your birth handled.

A birth plan is a simple clear statement of your preferences for the birth of your child. It is best not to wait until the last minute to put your plan together because there are many aspects of childbirth to consider. It is important to be reasonably flexible in your desires, because you cannot control how every aspect of your labor and delivery will go. Keep in mind that our goal above all is for you to have a safe birth for you and your little bundle of joy. You will want to talk over these preferences with your physician, because it is important to make sure you are both on the same page.

This birth plan gives you the opportunity to communicate your birth preferences with your physician and healthcare team. When you have completed your plan please print document and take it to your next appointment with your physician so that it can be reviewed together and then signed. Keep one copy for yourself to bring to the hospital with you and one copy will go into your prenatal record at your physician's office.

When making your wishes known please choose as many as you like, and add anything else that is important to you.

Environment: Your children are welcome to visit you during labor and after delivery

- Quiet music (you are welcome to bring your own music with you)
- Aromatherapy oils (You are welcome to bring these things with you)
- Personalizing the atmosphere (music, lighting, items from home)

Other _____

Mobility during Labor: We have mobile monitors available in each labor room. Birthing and peanut balls available for patient use. Showers in each Labor Room.

- I would like to keep active during labor if possible
- Mobility is not important to me

Other _____

Relaxation and comfort during Labor:

- Massage (from your support person)
- Shower
- Other _____

Position(s) for labor & birth

- Walking
- Standing
- Squatting
- Sitting (rocking chair, birthing ball)
- Kneeling
- Birthing bed (our labor beds allow for many different positions during labor; Temper-Pedic mattress for comfort and pressure redistribution)
- Other _____

Pain relief:

- I will ask if I want pain relief so please don't offer
- Offer if I appear uncomfortable
- Offer as soon as possible
- Other _____

Medical pain relief options: (All patients will have IV access as ordered by their physician)

- I would like to manage without medical pain relief options
- Epidural
- IV Pain medications (as ordered by my provider)
- Other _____

Delivery:

- I would like to touch baby's head when it crowns
- I would like a mirror available to view during pushing/crowning/birth (we will provide)
- Immediately following delivery the baby will be placed on your chest for Kangaroo Care (skin to skin); you will then be ready to start breastfeeding your baby as soon as you like
- I would like my birth partner to cut the cord
- I would like to cut the cord
- Birth partner does not want to cut the cord

