

**The Family Birth Center**  
at Gritman Medical Center  
Birth Plan

**Names:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Others who will be at the birth:** \_\_\_\_\_

Our birth plan is intended to express the preferences and desires that we have regarding the birth of our baby. We realize that flexibility is important and we are willing to accept changes in our plan if needed for the health of mother or baby. If further decisions need to be made as labor progresses, we would like to be fully informed of risks, benefits and alternatives to any change in our plans. Thank you for supporting us.

We have prepared for labor by taking:

- Gritman childbirth classes
- Bradley Method childbirth classes
- Other: \_\_\_\_\_

**First Stage Labor:**

**Environment:**

Check preferences:

- Dim lights
- Quiet and peaceful
- Fun and upbeat
- My own music
- Birth Center provides music
- Limit visitors to: \_\_\_\_\_
- No phone calls
- Limit phone calls to: \_\_\_\_\_
- Other: \_\_\_\_\_

**Labor Management:**

The Birth Center encourages women to move and change positions frequently during labor and have intermittent monitoring to allow for this movement. Check any other preferences that you might have.

- I am open to the use of drugs for labor but I want to see how my labor progresses before I request them.
  - Use of relaxation to handle labor
  - Use of IV medication to handle labor
  - Use of epidural to handle labor
  - Use of Jacuzzi tub
  - Massage to help with relaxation
  - Other: \_\_\_\_\_
- \_\_\_\_\_

## Second Stage Labor:

Some of these will depend on if you are medicated, how your labor is going and the health of your baby. The Family Birth Center encourages women to try different pushing positions and all of our physicians will try to avoid an episiotomy unless medically necessary. Check any other preferences that you might have.

- Spontaneous bearing down (listening and working with your body)
- Directed pushing (being instructed on when to push and hold breath.)
- Use of mineral oil for perineal massage
- Warm compresses
- Mirror
- Quiet atmosphere
- Lights dim
- Other: \_\_\_\_\_

## Baby Care:

- Partner cut cord
- Baby placed skin to skin with mom
- Baby wrapped in blanket and given to mom
- Baby placed in partner's arms
- Delay newborn procedures
- Offer guidance on initial breastfeeding
- Other: \_\_\_\_\_

## Feeding:

- Breast feed exclusively
- Bottle feed exclusively
- Combine breast and bottle feeding

The Family Birth Center will not offer your baby sugar water, pacifiers or formula unless medically necessary or requested by the mom.

## Cesarean or Emergency:

In case of a cesarean you will be fully informed of the reasons and will participate in the decision making process. In case of an emergency the Birth Center physicians and nurses will act quickly for the health of baby and mom.

Describe any other preferences that you might have regarding a cesarean:

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Additional preferences for your stay at the Family Birth Center:

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