



Birth Plan Checklist

Here are some suggested topics to discuss with your care provider. Try to attend childbirth education classes so you can tour the facility where you will give birth, learn about procedures and ask questions about your individual needs and preferences. For more information contact Lauren at (830) 672-7581 ext. 1985.

Advance Planning

- Ask your partner's desired involvement:
 - Partner counts and assists with positioning?
 - Partner watches the birth? Partner cuts the cord?
- Go on a tour of the birth facility
- Take a childbirth education class
- Learn about breastfeeding
- Train in Infant CPR
- Research your childcare options
- Pack a Hospital Bag
 - __ Your partner will need high protein snacks
 - __ Bring a drink bottle for your partner
 - __ Hair bands and lip balm for Mom
 - __ Leave any valuable jewelry at home
 - __ Take a phone charger labeled with your name
 - __ Pack items of personal or religious significance
 - __ Plan to have tools that help Mom to relax:
 - __ Music? Body Pillow? Aromatherapy?
 - __ Comfortable clothes for Mom to wear after delivery
 - __ Any supplies you want for breastfeeding
 - __ Baby's going home outfit
- You must have an infant car seat. Make sure that your car seat fits correctly in your car and that you know how to adjust it. Bring the car seat up to your room the night before you go home and make any necessary adjustments.
- You need to choose a pediatrician before your baby is born. You should call and make an appointment by your 32nd week of pregnancy. When you are admitted, inform your Labor & Delivery nurse who your pediatrician is.

Labor & Delivery

- Let the birth facility know if you have any special needs
- Designate your support person for labor
- Work with your support person to relax and breathe
- Ask about fetal monitoring options during labor
- Have a plan for pain management, but also have an open mind in case of complications
- Do you want interventions to speed labor?
- In case Mom and Baby need to be separated for medical reasons, what should your partner do?

After Birth

- Have a plan for Delayed Cord Clamping
- Will your partner cut the umbilical cord?
- Anticipate skin-to-skin time: babies are placed on mom's chest if they are stable, to assist with transition
- Consider breastfeeding during this time

Newborn Care

- Ask about routine infant care: Eye ointment, Vitamin K, Hepatitis B shot, and state-mandated testing.
- Decide if the staff may give Baby bottled formula
- Will you have hospital circumcision for a male baby?

Visitor Information

- Visiting hours in the hospital are from 11a.m. – until 9:00 p.m. Please advise friends and family that all entrances to the hospital are closed from 7:00 p.m. until 6 a.m. except for the Emergency Department entrance.
- No visitors under the age of 12 are allowed on the Maternity unit at any time, unless they are siblings of the new baby.
- The number of visitors in the birthing room is not limited. However, the nursing staff must be able to safely maneuver in the birthing room in order to provide the best care to you and your baby.

Contact Information

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