



Your Birth Plan

A Special Delivery Just For You.

The goal of the Family Birth Center is to meet your individual desires and needs while providing a safe and satisfying childbirth experience. You may wish to use this Birth Plan to let us know what you want for your special delivery. (Bring this form with you when you come to the hospital.)

Note: We have provided a Birth Plan Worksheet to help you fill out this birth plan.

Introductions

Mother: _____

Father/Partner: _____

Due Date: _____

Doctor/Midwife: _____

My Labor Support People: _____

Baby Doctor: _____

Important issues, needs or concerns you have for your birth experience:

First Stage Labor Preferences

Birth Environment and Labor Support Needs: (See Birth Plan Worksheet)

Pain Management: (See Birth Plan Worksheet)

Medical Interventions: (See Birth Plan Worksheet)

Second Stage and Birth Preferences

Positioning and Pushing:

Medical Interventions:



Sacred Heart
Medical Center
PeaceHealth

Welcoming our Baby:

Unexpected Labor Events

Complicated or Prolonged Labor, or Cesarean Birth:

Postpartum Care of Mother

Concerns, Questions, Comfort Needs, Visitors:

Educational Needs For Self-Care:

Newborn Care Plan

Infant Feeding: _____ Breastmilk _____ Formula

Newborn Procedures:

Educational Needs on Baby Care:
