

My Birth Plan

at New Beginnings Birth Center



My Information

Name: _____
Date of Birth: _____
My Physician: _____
Baby's Physician: _____
Due Date: _____
Support Person: _____

As a standard of care, Brookings Health provides patients:

- Wireless fetal monitors for ease of movement
- Food and drink as able
- Delayed cord clamping
- Immediate skin-to-skin contact with newborn at birth
- Option to room in with baby at all times

We offer a wide range of comfort items, techniques and support to provide you with the birth experience you desire. Mark items listed below to indicate your preference for care.

My Labor Requests

Support

- Significant Other/Partner
- Family
- Friends
- Brookings Health System Doula (\$350)
- Privately Hired Doula
- Continuous Labor Support from Labor Nurse

Movement & Motion

- Birth Ball
- Peanut Ball
- Squatting/Birthing Bar
- Walking (in room/hallways)
- Dancing
- Position Changes in Bed (per your comfort/request)
- Squatting/Lunging

Hydrotherapy

- Whirlpool Tub (with or without jets)
- Shower

Personal Comfort Items

- Wearing Own Clothes (must bring from home)
- Warm Blanket
- Extra Pillows
- Cool Cloths
- Ice Packs
- Heating Pads
- Warm Cloth (to perineum while pushing)
- Mesh Underwear
- Socks
- Robe
- Eating and Drinking (food/drink/clear liquids/ice chips)
- Lotion or Chapstick
- Wireless Monitors (for monitoring baby)

Touch & Mindfulness

- Massage
- Counter Pressure
- Massage Ball
- Pressure Points
- Comb Trick (ask nurse for explanation)
- Guided Imagery/Visualization
- Breathing and Relaxing Techniques
- Birth Affirmation Signs



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Environment

- Dim/Minimal Lights
- Electronic Votive Candles
- Room Temperature
- Listening to Music
- Whisper/Quiet Voices
- Essential Oil Soothing Scents
- Mirror for Delivery

Medical Pain Relief, Comfort & Sleep Aids

- Nitrous Oxide
- IV Pain Medication
- Epidural
- Anti-nausea Medication
- Heartburn Relief
- Headache Relief
- Sleep Aid

Cesarean Birth Care

As a standard of cesarean birth, Brookings Health provides patients enhanced recovery after surgery (ERAS), including:

- Pre-surgery medication for better postoperative pain control
- Scheduled Tylenol and ibuprofen for pain management
- As needed medications:
 - Stronger pain medication
 - Abdominal bloating medication
 - Stool softener
- Encouraged to walk the halls at least 4 times per day

Mark the items below to indicate your care preferences.

- Support Person in Operating Room
- Listening to Music
- Clear Drape or Lower the Drape when Baby Delivers
- Mirror for Delivery
- Delayed Cord Clamping
- Immediate Skin-to-Skin and Breastfeeding Initiation
- Keep Mom and Baby Together During Recovery
- Larger and Lower Bed
- Walk-in-Shower for Easier Accessibility
- Abdominal binder

After Delivery

- Immediate Skin-to-Skin and Breastfeeding Initiation
- Delayed Cord Clamping and Cutting until Pulsing Ceases
- Room in With Baby at All Times
- Exclusive Breastfeeding Assistance
- Lactation Consultant as Needed or as Requested
- No Pacifier to Baby
- Male Circumcision

Acknowledgement

- My Birth Plan outlines my preferences for my baby's birth and care during my hospital stay. I understand flexibility is required depending on the course of my labor and the well-being of my baby.
- When changes must occur in my birth plan, I will ask care providers to use the BAR (benefits, alternatives, risks) method to help me make educated, informed decisions.
- I have reviewed and discussed the above requests with my healthcare provider.

Patient Signature: _____

Date: _____

