

Birth Plan:

Build your personalized plan based on the following ideas/options:

During Labor

- Vbac
- No students please
- No pain medication
- Nitrous Oxide
- No episiotomy
- Pitocin ONLY if necessary
- No IV please
- No forceps/vacuum extraction
- Free movement
- Limited cervical exams
- No membrane sweep
- Natural water rupture
- Food and drink for mama
- Water birth
- Warm Compress

After Delivery

- Immediate skin-to-skin
- Physiological birth of placenta vs. managed:
 - No cord traction, fundal massage, or pitocin
- Delayed cord clamping
- Save placenta
- Partner to cut cord
- List of support people attending/limited visitors
- Breastfeeding asap
- No vitamin K shot
- Oral vitamin K drops
- No circumcision
- No eye ointment
- No bath for baby
- Delay exams for bonding
- No formula
- No hepatitis B
- No pacifier

Gentle C-section Specific:

- Clear screen/window drape
- Partner to hold baby skin-to-skin
- Skin-to skin and breastfeeding asap
- Vaginal swab in baby's mouth
- No extra drugs to relax
- Monitoring devices to be placed in unobtrusive areas



Lighting:

- Lights dimmed/lamps
- Artificial candles
- Fairy lights

Aroma:

- Diffuser
- Essential oils
 - Clary Sage to keep contractions consistent and strong (do not use before you're in active labor)
 - Orange, lemon, or other citrus oils to energize
 - Lavender essential oil for relaxation and peaceful feelings

Audio:

- Birth music playlist
- Hypno/visualization track
- Affirmations/instructional reminders

Tools:

- Birth ball
- Rice bag or heat pad (for back labor and after-birth pains)
- Portable fan
- Labor/birth positions highlighted (print and post in space!)
- Birth affirmation cards (can also make a poster!)
- Picture of family or Jesus for inspiration
- Rebozo (to help support your weight, massage, or even encourage baby to turn)
- TENS units

Food:

- Honey sticks, dried fruit, dates, or energy balls (for healthy, glucose fueled energy)
- Nut butters, trail mix, and other high calorie foods (for prolonged energy)
- Coconut water (to replenish lost electrolytes)
- Red raspberry leaf tea for a more efficient labor

