

Our Birth Plan

1st Stage



No pain medication:
No epidural & pitocin



Free movement



Relaxing
environment & dim
lights



No IV / hep-lock



Intermittent Fetal
monitoring



Limited cervical
checks



Natural water
rupture

2nd Stage (Pushing)



Reminder to
empty bladder
before pushing



Wait natural
pushing urge / no
coached pushing



No routine
episiotomy



Warm compress
when pushing



Photos/videos
allowed



Reminder to slow
down when crowning

3rd Stage



Immediate skin-to-
skin &
breastfeeding



Delayed cord
clamping; wait
until pulsing stops;
dad cuts



No controlled cord
traction;
physiologic birth of
placenta



Save placenta and
cord for
encapsulation

Newborn Care



Exams done on
mom's chest;
weight taken
after golden hour



Delayed Vitamin
K shots



Delayed eye
ointment (only if
necessary)



Delayed bath
(24 hrs); no soap



No Hepatitis B

Newborn Care (in Postpartum)



Admissions, exams,
etc. done in room
with parent



No formula



No sugar water



No pacifiers