

# BABY'S BIRTH PLAN

- Remember that this is YOUR baby!
- Choose a birth place and caregiver who will be supportive and respectful of your wishes.
- Know, ahead of time, how babies are routinely handled at your birth place.
  - Policies on mandatory separation
  - Dad allowed in nursery to accompany baby?
- Include your wishes only for procedures that will take place in L & D. For example, if they bathe baby in postpartum, you don't need to discuss baby's bath on the birth plan.
- Prepare an index card with your specific wishes about breastfeeding, Vitamin K, Eye ointment, circumcision, immunizations, and rooming-in (or not). Put the index card in Dad's billfold. This way, if you are separated and Dad has been awake for several hours, he doesn't have to struggle to remember your decisions; it is all written down for him.

## Birth Plan points

- Baby to my body after delivery, skin-to-skin
- Baby not to be removed for routine cleaning, assessment
- All routine newborn assessments and procedures to be performed with baby on my body
- Leave placenta attached to baby for 1 hour postpartum
  - Might be extreme for some, and will be difficult to get in the hospital
  - I want my baby to have all those wonderful stem cells
  - Compromise: Please do not clamp and cut cord until it has stopped pulsating
- Vitamin K and Eye ointment to be delayed until after first breastfeeding
- No bath for baby
  - Babies are not born with the ability to regulate their body temperature; thus the importance of skin to skin contact
  - If baby becomes cold from bath, she/he will often be removed for warming
  - YOU give baby her first bath in the next couple of days
  - Find out ahead of time if bath is done in L & D or in postpartum. Your decision about bathing need not be on the plan if bathing happens postpartum, just make your wishes known there.
- Our pediatrician and I have agreed to an alternative immunization schedule. No immunizations in hospital.
- Breast only
  - Pinterest and Etsy have onesies that send the same message
  - <http://pinterest.com/pin/216172850833880661/>
    - Beanie reads: Breastfeeder in Training; Onesie reads: To My Wonderful Nurse, I'm learning how to breastfeed. Please no bottles or pacifiers while I'm in your care. Mommy is waiting for my return to feed me, ♥, Baby
  - [http://www.etsy.com/listing/122039550/baby-bodysuit-onesie-embroidered-with?ref=sr\\_gallery\\_32&ga\\_search\\_query=breastfeeding+onesie&ga\\_view\\_type=gallery&ga\\_sh\\_ip\\_to=US&ga\\_search\\_type=all](http://www.etsy.com/listing/122039550/baby-bodysuit-onesie-embroidered-with?ref=sr_gallery_32&ga_search_query=breastfeeding+onesie&ga_view_type=gallery&ga_sh_ip_to=US&ga_search_type=all)
    - Breastmilk Only Please
- Baby will stay with us. We would be happy to sign a waiver to ensure that baby does not leave us for any reason other than extreme medical emergency, in which case Dad will attend baby.
- Dad will accompany baby if she/he must leave Mom for any reason.