

Birth Plan Checklist



Here are some suggested topics to discuss with your care provider.

Try to tour the facility where you will give birth, so you can learn about their standard procedures and ask questions about your individual needs and preferences.

Advance Planning

- Talk to friends about their birth experiences:
What did they like or not like?
- Consult your health insurance to see what is covered
- Ask your partner's desired involvement:
Partner counts and assists with positioning?
Partner watches the birth? Partner cuts the cord?
- Go on a tour of the birth facility
- Take a Childbirth Class
- Research if you want a Doula
- Learn about Breastfeeding
- Read ParentsGuideCordBlood.org website
- Train in Infant CPR
- Purchase an infant car seat, practice in your car
- Research your childcare options

Pack a Hospital Bag

- Your partner will need high protein snacks
- Bring a drink bottle for your partner
- Hair bands and lip balm for Mom
- Leave any valuable jewelry at home
- Take a phone charger labeled with your name
- Pack items of personal or religious significance
- Plan to have tools that help Mom to relax:
Music? Body Pillow? Aromatherapy?
- Comfortable clothes for Mom to wear after delivery
- Any supplies you want for breastfeeding
- Baby's going home outfit
- Pack a pacifier, if you want one
- You must have an infant car seat
- Don't forget your cord blood kit, if you have one!

Labor & Delivery

- Let the birth facility know if you have any special needs
- Designate your support person for labor
- Will you bring your own clear liquids?
- Work with your support person to relax and breathe
- Ask about fetal monitoring options during labor
- Have a plan for pain management, but also have an open mind in case of complications
- Do you want interventions to speed labor?
- Do you want to see and touch the crowning baby?
- In case Mom and Baby need to be separated for medical reasons, what should your partner do?

After Birth

- Have a plan for Delayed Cord Clamping
- Will your partner cut the umbilical cord?
- Have a plan for your cord blood:
Public donation, Private storage, or discard.
- Do you want to bank or take home your placenta, or should the hospital discard it?
- Anticipate skin-to-skin time: babies are placed on mom's chest if they are stable, to assist with transition
- Consider breastfeeding during this time

Newborn Care

- Ask about routine infant care: Eye ointment, Vitamin K, Hep B shot, and state-mandated testing.
- Do parents want to be present for newborn care?
- Will the baby stay in Mom's room?
- May your partner spend the night?
- Decide if the staff may give Baby bottled formula
- Will you have hospital circumcision for a male baby?
- Who is allowed to visit?

Notes