

BIRTH PLAN OPTIONS

Type of Delivery

- vaginal with epidural
- vaginal with no epidural
- cesarean section
- induction
- wait for labor to start on it's own

Support in Labor (HRH allows up one designated visitor/birth partner during the COVID-19 response)

- birthing partner as support
- father of baby as support
- nurse as mom's support
- others as support: _____

Comfort Measures in Labor

- wear my own clothing
- massage
- meditation
- visualization
- essential oils
- music
- movement in labor
- change positions
- _____
- _____

Labor Positions

- in bed
- walking
- exercise ball
- peanut ball
- swaying/dancing
- freedom of movement
- jacuzzi tub
(if no rupture of membranes & no induction of labor)
- shower
- lunges

Pain Medication

- epidural
- IV narcotics
- nitrous oxide (not available during COVID-19)

Labor Induction/Birth Assistance

- doctor breaks mom's water
(artificial rupture of membranes)
- pitocin
- episiotomy
- vacuum or forceps assistance
- fetal monitoring during labor and birth
(monitor heart rate of baby)

2nd Stage of Labor (Pushing)

- squatting (no epidural)
- hands and knees (no epidural)
- in bed
- side lying

Infant Care

- skin to skin with mother after birth
- no separation of mother and baby
(baby is medically stable)
- delayed cord clamping (HRH standard)
- breastfeeding
 - breastfeed within 1st hour
- formula
- pacifier
- umbilical cord cut by partner
- newborn medications
 - vitamin K
 - hepatitis B vaccine
 - erythromycin
- bath at 8 hours old (HRH standard)
- rooming in with mom (baby in mom's room)
- circumcision after 24 hours of age (for boys)

**during the COVID-19 response there are changes that may need to be made to birth plans if a mom is positive/ suspected positive for COVID-19 during labor*

Other important things I want to be considered: