**Birth Plan Sample 2 – Water Birth / Hypnobirthing**

Labour and Birth

This is our first baby (a girl) and we would like to thank you for being a part of this special time with us. We understand you are very busy and appreciate all your assistance in following our birth plan. We will be using the **hydrotherapy tub** and **hypnobirthing techniques**.

We are aiming for a **natural, non-medicated** and **non-assisted** birth.

Please don’t suggest pain relief at any time. We will use the **hydrotherapy tub** for pain relief.

Please keep all **noise levels low at all times**, including machines – EFM turned to MUTE.

Low, calm voices to be used at all times

Please direct **all questions to my husband & doula.**

I aim to go into **labor naturally** with no augmentation (unless medically necessary).

I will **move freely** throughout labor and give birth in a position comfortable to me and use the birthing ball and birthing stool.

I will **eat to hunger** and **drink to thirst**.

I will bring my **own music**.

**No coached pushing** unless requested.

I will wear my own clothes.

Please no students.

Enema - To be decided on the day

**Electronic fetal monitoring** (EFM): **cordless** and **intermittent** monitoring only

**Vaginal examinations: on admission**, after that on mum’s/Dr’s request only

**Episiotomy – None at all**. I prefer to tear.

Stitches: As directed by my Doctor.

Doctor to receive the baby and hand straight to mum with no wrapping in blankets of towels. **Immediate skin to skin contact.**

Cord to be clamped only after pulsation has ceased and **cut by doctor** with **delayed cord clamping**.

Suctioning: **only** if baby has difficulty breathing

**No separation of baby and mum**. If baby is unwell then dad is to be with baby at all times

**Natural delivery of placenta.** Placenta to be shown to mum. Managed third stage as directed by my Doctor.

Breastfeeding **immediately** after birth.

(Caesarean Birth – if medically necessary)

In the event of a Caesarean please note:

**Epidural preferred**

**Minimal noise** at all times

We will play our **own music**

**Husband present throughout** (including as epidural is placed)

Screen to be lowered as baby is born

**No separation of baby and mum**. If baby is unwell then dad is to be with baby **at all times**

Breastfeeding in recovery room **immediately** after birth

Postnatal

**Breastfeeding exclusively**

**Do not** offer pacifiers, glucose water or formula

Vitamin K: administer routinely via injection

Baby will be **rooming in**. Baby to be with mother at all times

**No vaccinations in hospital**. Heel prick test and hearing test OK. Baby to be accompanied by Dad.

Baby to be **washed by mum/dad** in postnatal room

**Husband rooming in**

Jaundice testing: **no routine checking** – only to be checked if signs of a problem

Jaundice treatment (if necessary) in parent’s room