

BIRTH PLANNING CHECKLIST

GENERAL PREFERENCES

- Preferred Birthing Location (hospital, birthing center, home)
- Support People Present During Labor (partner, family, doula, etc.)
- Pain Management Preferences (natural, epidural, massage, or other medications that your hospital offers)
- Use of Birthing Tools (birthing ball, water, birthing comb, TENS machine, heat and cold packs, breathing exercises)
- Vaginal or Cesarean Delivery
- Religious or Cultural Preferences (special customs you'd like observed during labor and delivery)



ENVIRONMENT:

- Lighting (dimmed lights, bright lights, etc.)
- Aromatherapy (use of essential oils)
- Noise Level (quiet, music, playlists, sound machine, etc.)
- Comfort Items from Home (clothing, phone, items in hospital bag)



POSTPARTUM PREFERENCES

- Feeding Plans (breastfeeding, formula feeding or both)
- Rooming-in Preferences for Baby
- Vaccination Plans for Baby (vitamin K, Hep B vaccine, eye ointments, other vaccines offered at your birthing place)
- Visitors (who can visit and restrictions for visiting hours)
- Contraception Plans (birth control options)

LABOR PREFERENCES

- Mobility During Labor (walking, changing positions)
- Preferences for Fetal Monitoring (continuous, intermittent)
- Interventions (induction, assisted delivery options)
- Hydration and Nutrition (water, snacks, IV hydration)



DELIVERY PREFERENCES

- Pushing Techniques and Positions
- Delayed Cord Clamping
- Skin-to-Skin Contact



**A birth plan is a valuable tool for expecting mothers to communicate their preferences for labor, delivery, and postpartum care. While a birth plan helps set expectations and ensures the mother's voice is heard, it's important to remember that it should be discussed with the mother's medical team. Healthcare providers can offer guidance and ensure that the plan aligns with what's safest and best for both mother and baby, considering the realities of labor and potential complications. Flexibility is key, as circumstances may change, and a collaborative approach with medical professionals ensures the best possible care during this significant time.*

BABY CARE AND SAFETY PREPARATION CHECKLIST

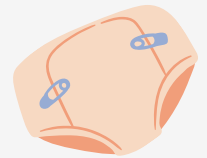
Ensure families are prepared for their baby's arrival and ongoing care!

ESSENTIAL BABY ITEMS



- Safe Sleep Environment (crib, bassinet, pack and play)
- Fitted Sheets
- Baby Monitor
- Infant Car Seat (rear-facing and properly installed)
- Feeding Supplies (bottles, breast pump, formula, storage bags, burp cloths)
- Play Mat (to encourage tummy time)
- Baby Seat or Swing (or other safe seating device for baby while Mom showers, cooks, etc.)

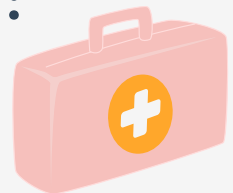
CLOTHING AND DIAPERS



- Newborn Clothing (onesies, sleepers, etc.)
- Diapers (disposable or cloth) and Wipes
- Diaper Bag (for on the go)
- Diaper Rash Cream (and other changing station supplies)
- Socks and Hats
- Swaddle Blankets

HEALTH & SAFETY:

- Pediatrician (selected and first appointment scheduled)
- Baby Thermometer and First Aid Kit
- Babyproofing Supplies
- Gentle Baby Lotion
- Infant CPR Training



HYGEINE AND BATHING:

- Baby Bathtub and Gentle Soap
- Soft Towels and Washcloths
- Nail Clippers and Brush
- Umbilical Chord and Circumcision Care Items

