



### OUR BIRTH PLAN

We realize our birth plan is neither a contract nor a guarantee of an uncomplicated labor. The following are a list of things I prefer unless medically advised otherwise. Our highest priority is the health of our baby and me.

**Please explain things to us as they come up. We want to know the why's and why not's. We feel more comfortable when we are well informed.**

**Name:**

**Spouse/Partners name:**

**Baby's Gender:**

**Estimated Due Date:**

**Midwife/Obstetrician:**

**Doula:** Kizzy Bailey

#### Room Atmosphere

**During Stage One (active Labor)**

**During Stage Two (pushing)**

**Stage Three (placenta) / Immediate Postpartum**



### **Cesarean Birth Plan**

**If a cesarean becomes necessary the following is a list of things we prefer. I want to have my partner and Doula with me at all times. We understand in an emergency situation some of these things may not be possible. Thank you for your support!**

**Name:**

**Spouse/Partners name:**

**Baby's Gender:**

**Estimated Due Date:**

**Midwife/Obstetrician:**

**Doula:** Kizzy Bailey

**Cesarean Birth**

**Stage Three (placenta) / Immediate Postpartum**



## Postpartum Plan

A Postpartum Plan is much like a Birth Plan. It helps you to plan for a smooth transition adjusting to your new family dynamics in the first few weeks. Remember to honor this time. You will only experience this time once for this baby/babies. Make it count for you and your family. Everything else that was there, will still be there to consider at a later time.

### Sleep and Rest

What are your normal (pre-pregnancy) sleep requirements (# of hours per night)? \_\_\_\_\_

Here's an approach to help you get as much (or almost as much) sleep as you need:

1. Calculate how many hours of sleep you used to need regularly before pregnancy in order to function well. Six hours? Eight hours? That is the amount of sleep you now owe yourself every day.
2. Since you cannot get this amount of sleep in one stretch because of interruptions for feedings and baby care, you will require more hours in bed to get your allotted amount of sleep.
3. Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. This means that, with the exception of trips to the bathroom, you do not get up. You do not brush your teeth, shower or dress in the early morning. Make a mental note of approximately how many hours you have slept since you went to bed. You may have to stay in bed from 10pm until noon the next day to get eight hours of sleep! If that's what it takes, do it. Then brush your teeth, take a shower, dress and greet the day.

### Physical recovery

What is important to you when determining how you expect to physically recover from the birth? (Self-care, exercise, weight, etc.): \_\_\_\_\_

\_\_\_\_\_

### Breastfeeding/Infant Feeding

Anticipated method of feeding for baby/  
babies: \_\_\_\_\_

\_\_\_\_\_

My expectations for feeding the baby/babies are:

\_\_\_ on cue \_\_\_ scheduled

I feel this way because: \_\_\_\_\_

\_\_\_\_\_

Nourishment We plan to:

\_\_\_ have meals prepared ahead of time and stored in the freezer

\_\_\_ prepare meals day to day ourselves

\_\_\_ prepare meals day to day with help

\_\_\_ order in \_\_\_ times a week

\_\_\_ combination of \_\_\_\_\_

**Caring for the baby/babies We plan to:**

- Have help from a professional doula, so that we can spend our time with the baby/babies and siblings (if any).
- Have help from family, so that we can spend our time with the baby/babies and siblings (if any).
- Hire a nanny to look after the baby/babies and siblings (if any).
- Care for the baby/babies and siblings (if any) ourselves and manage the house at the same time. We do not expect any outside help.

**Sleeping arrangements**

- We plan to co-sleep.
- We plan to have the baby/babies in the same room but sleeping in a cradle/bassinet beside us.
- We plan to have the baby/babies sleep in their own room.

**Redefining roles**

Who will do the caring for the baby/babies \_\_\_\_\_

Who will do the caring for siblings? \_\_\_\_\_

Who will do the cleaning? \_\_\_\_\_

Who will do the cooking? \_\_\_\_\_

Who will do the laundry? \_\_\_\_\_

Who will be at home? \_\_\_\_\_

Who will do the shopping? \_\_\_\_\_

Who will run the errands? \_\_\_\_\_

Who will transport the siblings to places? \_\_\_\_\_

As the mother, I expect my partner's role to be  
\_\_\_\_\_  
\_\_\_\_\_

As the mother, I expect the mother's role to be  
\_\_\_\_\_  
\_\_\_\_\_

**Partners/relationships**

It is important to our relationship that we:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Siblings**

It is important to maintain \_\_\_\_\_

**Pets**

It is important to maintain \_\_\_\_\_

## Postpartum Plan

A Postpartum Plan is much like a Birth Plan. It helps you to plan for a smooth transition adjusting to your new family dynamics in the first few weeks. Remember to honor this time. You will only experience this time once for this baby/babies. Make it count for you and your family. Everything else that was there, will still be there to consider at a later time.

### Sleep and Rest

What are your normal (pre-pregnancy) sleep requirements (# of hours per night)? \_\_\_\_\_

Here's an approach to help you get as much (or almost as much) sleep as you need:

1. Calculate how many hours of sleep you used to need regularly before pregnancy in order to function well. Six hours? Eight hours? That is the amount of sleep you now owe yourself every day.
2. Since you cannot get this amount of sleep in one stretch because of interruptions for feedings and baby care, you will require more hours in bed to get your allotted amount of sleep.
3. Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. This means that, with the exception of trips to the bathroom, you do not get up. You do not brush your teeth, shower or dress in the early morning. Make a mental note of approximately how many hours you have slept since you went to bed. You may have to stay in bed from 10pm until noon the next day to get eight hours of sleep! If that's what it takes, do it. Then brush your teeth, take a shower, dress and greet the day.

### Physical recovery

What is important to you when determining how you expect to physically recover from the birth? (Self-care, exercise, weight, etc.): \_\_\_\_\_

\_\_\_\_\_

### Breastfeeding/Infant Feeding

Anticipated method of feeding for baby/  
babies: \_\_\_\_\_

My expectations for feeding the baby/babies are:

\_\_\_ on cue \_\_\_ scheduled

I feel this way because: \_\_\_\_\_

\_\_\_\_\_

Nourishment We plan to:

\_\_\_ have meals prepared ahead of time and stored in the freezer

\_\_\_ prepare meals day to day ourselves

\_\_\_ prepare meals day to day with help

\_\_\_ order in \_\_\_ times a week

\_\_\_ combination of \_\_\_\_\_

**Caring for the baby/babies We plan to:**

- \_\_\_ Have help from a professional doula, so that we can spend our time with the baby/babies and siblings (if any).
- \_\_\_ Have help from family, so that we can spend our time with the baby/babies and siblings (if any).
- \_\_\_ Hire a nanny to look after the baby/babies and siblings (if any).
- \_\_\_ Care for the baby/babies and siblings (if any) ourselves and manage the house at the same time. We do not expect any outside help.

**Sleeping arrangements**

- \_\_\_ We plan to co-sleep.
- \_\_\_ We plan to have the baby/babies in the same room but sleeping in a cradle/bassinet beside us.
- \_\_\_ We plan to have the baby/babies sleep in their own room.

**Redefining roles**

Who will do the caring for the baby/babies \_\_\_\_\_

Who will do the caring for siblings? \_\_\_\_\_

Who will do the cleaning? \_\_\_\_\_

Who will do the cooking? \_\_\_\_\_

Who will do the laundry? \_\_\_\_\_

Who will be at home? \_\_\_\_\_

Who will do the shopping? \_\_\_\_\_

Who will run the errands? \_\_\_\_\_

Who will transport the siblings to places? \_\_\_\_\_

As the mother, I expect my partner's role to be  
\_\_\_\_\_  
\_\_\_\_\_

As the mother, I expect the mother's role to be  
\_\_\_\_\_  
\_\_\_\_\_

**Partners/relationships**

It is important to our relationship that we:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Siblings**

It is important to maintain \_\_\_\_\_

**Pets**

It is important to maintain \_\_\_\_\_

## What to pack in your Hospital bag checklist

### FOR YOU

#### THE ADMIN

- ID / Wallet
- Insurance card
- Birth Plan

#### CLOTHES

- Birthing Gown
- Nursing Bra or Tank tops
- Stretchy Joggers Or Leggings
- PJ's / Robe
- Slip on Shoes (flip flops, crocks, etc.)
- Cozy Socks
- Going Home Outfit

#### TOILETRIES

- Toothbrush / Toothpaste / Floss
- Face wash / Face wipes
- Deodorant
- Shampoo / Conditioner (Dry Shampoo)
- Hair Ties / Brush
- Lotion
- Chapstick
- Glasses / Contacts / Contact Solution

### EXTRAS FOR ROOM

- Favorite Pillow
- Favorite Blanket
- Favorite Photos
- Bath Towel
- Long Phone Cord
- Bluetooth Speaker
- Reusable Water Bottle
- Gum / Gatorade / Candy / Snacks

### FOR YOUR PARTNER / SUPPORT PERSON

- Pillow/Blanket
- Extra Snacks
- Reusable Water Bottle
- PJ's
- Change of Clothes / Swimming Trunks
- Toiletries
- Laptop or Tablet / Phone / Charger
- Ibuprofen or Tylenol

### FOR BABY

- Carseat (Installation checked)
- Going Home Outfits (couple sizes)
- Pediatrician Contact Information
- Bottles if Not Breastfeeding

