

Birth Plan, in addition to hospital birth plan form submitted

Sarah is Rh-negative, tested positive for GBS, and has an allergy to latex

While we understand that the unexpected may occur during labor and birth, our intention is to have a natural birth and to use HypnoBirthing relaxation techniques throughout. We look forward to working with you to help us proceed with a natural birth and appreciate that anyone present will be willing to honor these preferences in addition to those indicated on our Kaiser birth plan form:

an **Environment** where

- HypnoBirthing techniques can be practiced: quiet (with voices kept low), peaceful, and dimly-lit.
- Sarah can be free to move around during labor as she needs to, assuming positions of her choice
- any consultation with Sarah avoids using the word "pain" and substitutes the word "contraction" with the word "surge"
- encouraging language is used through fatigue or discouragement

for **Pain Management**, we would like to

- be advised of medical pain management only upon request and use positive, gentle encouragement to help achieve a natural birth

during **Labor and Delivery**, we would like to

- have all questions and status reports that involve dilation and timing of surges directed to husband or doula, prior to consulting Sarah
- decline continuous EFM, but prefer intermittent monitoring when necessary
- be consulted of any proposed medical procedures and allowed time in private to make decisions, including any administration of pitocin
- respect that Sarah will trust her labor to proceed at its own natural rhythm and prefer to use natural measures to move things along prior to administering Pitocin or other medical augmentation methods
- keep vaginal exams to a minimum
- allow Sarah to wait to bear down until the urge arises even if fully dilated. Sarah will be doing mother-led pushing.
- prefer the "J-breathing" technique over pushing to breath the baby down for at least an hour into active labor
- use counter-pressure to avoid perineal tearing or episiotomy instead of directed massage
- not have the birth of our baby's head rushed, rather allow for natural birthing instincts to facilitate the descent of our baby's head

After Birth, we would like to

- leave the cord unclamped until it stops pulsing, and be asked for consent prior to clamping the cord
- have husband cut the cord
- decline pitocin to birth the placenta unless there is significant bleeding that indicates hemorrhage unless it has been administered previously.
- take the placenta home
- have our baby remain unbathed for her first 24 hours

Thank you so much for your support in the birth of our child and for respecting our preferences, as indicated on this page as well as in our Kaiser birth plan form!