



**TAKE ACTION**

# Make a birth plan.

At March of Dimes, we want you to feel prepared and confident as you get ready for your baby’s birth. We created this guide to help you think through your preferences and see how they fit with the practices at your hospital or birth center. Use the questions at the end to start a conversation with your healthcare team so you can make a plan together.

Your name  
\_\_\_\_\_

Your provider’s name and contact information  
\_\_\_\_\_

Your baby’s due date  
\_\_\_\_\_

Your baby’s provider’s name and contact information  
\_\_\_\_\_

- 1** Where do you plan to have your baby?  
\_\_\_\_\_
- 2** Can a support person be present during labor and birth? If yes, who is your primary support?  
Name \_\_\_\_\_  
Phone \_\_\_\_\_  
This person is:  
 Your partner       Your baby’s father  
 A family member       Your friend  
 Clergy       Your doula

- 3** Is there an option to have virtual support during labor and birth?

Virtual options:

- By phone       Skype  
 FaceTime       Facebook  
 Zoom       WhatsApp

- 4** Can you bring your own device (phone/iPad)?

Yes  No

Does the hospital have WIFI access?

Yes  No

Will the hospital provide a device for virtual support?

Yes  No

- 5** What support do you want during labor?

- Help with breathing  
 Help working through contractions  
 Massage  
 Help to move around  
 Use of labor tools (birth ball, peanut ball)  
 Sensory (lights, music)  
 Other \_\_\_\_\_

**6** Do you want to move around during labor?

Yes  No

What position(s) do you want to be in during labor?

Lying down

Sitting

Standing

Other \_\_\_\_\_

**7** What kind of medicine, if any, do you want to help with labor pain?

\_\_\_\_\_

**8** Do you want to hold your baby skin-to-skin during the first hour after birth?

Yes  No

**9** Do you want delayed cord clamping?

Yes  No

**10** Who do you want to cut the umbilical cord?

\_\_\_\_\_

**11** Do you plan to bank/donate your baby's umbilical cord blood?

Yes  No

**12** Do you want your baby with you at all times after birth? Or is it OK for your baby to spend time in the nursery?

Stay with you at all times

OK to stay in the nursery

**13** Do you plan to breastfeed your baby?

Yes  No

**14** Do you want to meet the lactation consultant while in the hospital?

Yes  No

**15** Do you want to be told before your baby is offered a pacifier or formula?

Yes  No

**16** If your baby is a boy, do you want him circumcised?

Yes  No

**17** Are there special traditions you want to take place when your baby is born?

Yes  No

Describe \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**18** Who is your emergency contact?

Name \_\_\_\_\_

Relationship to you \_\_\_\_\_

Phone \_\_\_\_\_

**19** Is there anything else the hospital or birthing center staff should know about you or your baby's birth?

Yes  No

Describe \_\_\_\_\_

\_\_\_\_\_

**20** Are there words or expressions that you'd like the health care team NOT to use?

Yes  No

Describe \_\_\_\_\_

\_\_\_\_\_

**21** Do you prefer to limit the number of health care staff that enter your room?

Yes  No

## When preparing for birth, call your facility to ask:

**1** Can I bring a partner or support person with me?

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**2** If I'm not permitted to have a support person present, what are the facility's policies about having a virtual support person?

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**3** If I'm not permitted to have a support person present, how will your staff support me and help manage my emotional and physical needs during labor and delivery?

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**4** What are the hospital's current safety protocols for respiratory illnesses like COVID-19 or the flu?

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Do you have a virtual hospital tour to prepare for my labor and delivery?

**5** 

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What am I permitted to bring to the facility with me?

**6** 

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How does the facility screen for respiratory illnesses like COVID-19? If testing is required, what is the process for me and my support person?

**7** 

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**8** If I have a positive COVID-19 test, what is the plan for my care?

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**9** In the event that my baby tests positive for COVID-19, what are the next steps for their care?

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**10** What is the average time frame for post-partum discharge for mom and baby?

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**11** What is your facility's policy around visitors after I have my baby?

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**12** Are there any other facility-specific labor and delivery policies that I should be aware of?

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## When you arrive, ask:

**1** Have there been any changes in the facility's labor and delivery policies?

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**2** While in labor, where am I permitted to move around?

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**3** What are the policies around eating and drinking during labor?

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