My Natural Birth Plan

During Labor

- no medication
- free movement
- natural water rupture
- intermittent monitoring
- lights dim
- water birth
- no episiotomy
- limited cervical exams

After Delivery

- immediate skin-to-skin
- delayed cord clamping
- save placenta
- partner to cut cord
- breastfeeding asap
- no vitamin K
- no circumcision
- no eye ointment
- no bath for baby
- delay exams for bonding
- no IV please
- no membrane sweep
- food and drink for mama
- no students please
- pitocin only if necessary
- gentle cesarean
- vbac
- delay eye ointment
- no formula
- no hepatitis b
- limited visitors
- no pacifiers
- donating cord blood