

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