



## Your family is growing BIRTH PLAN

*WITH KNOWLEDGE AND CONFIDENCE IN YOURSELF, YOUR BODY AND BABY, EVERY WOMAN MAY HAVE A BEAUTIFUL BIRTH FULL OF RESPECT AND LOVE ...*

*Whatever my wishes are, I agree to be revoked in this, ONLY in the case of DISCLAIMER wick I make, a medical indication and when is provided that my partner and I have been informed of the necessity, side effects and possible undesirable reactions of each act to my baby, to me, to the progression of childbirth and to breastfeeding.*

### *Labor*

- I remain in the same room without moving the time of birth.*
- I decide on the intensity of light in the room.*
- I prefer calmness, quietness, discretion and respect.*
- No one enters the room, other than the people I have chosen. If someone else needs to be involved, they can enter the room only when I agree. In this case, they must be silent, discreet, supportive.*
- I want to use homeopathic medicines as directed by my homeopathic physician and whenever necessary.*
- I choose the heat in the room is - ideally it is 25 degrees Celsius. -*
  - I can listen to the music I have chosen during birth.*
  - I like to wear my own clothes throughout the birth.*

- I want to use accessories such as birth ball, birth chair, pillows & cloth (If not present, I will bring it myself)*
- I want someone to take photos and videos*



### *When my birth begins*

- I do / do not want a spontaneous start of my childbirth whenever my baby and my body decide it*
- I do / do not want to induce or accelerate delivery at any stage of or before birth starts (oxytocin, prostaglandins or any other substance)*
- I do / do not want artificially rupture the membranes at any stage of childbirth*
- If it is absolutely necessary the use of saline, I would like to be informed about the content of the saline and about the*

consequences it may have on me and my baby or the process of birth.



## *Pain relief*

I prefer/ not prefer physical, non-pharmaceutical pain relieving methods (hot compresses, movement changes/ walking)

I want human contact, support and to be empowered (by my Midwife, Doula, companion, or anyone else who has been nominated by me)

I want to feel free in my expression of my feelings.

*I want to use freely whatever method I think can relieve me:*

Relaxation breathing techniques

Pressure - Massage

Acupuncture- Reflexology

Homeopathy

Rebozo

Use of hot water -Pool - bathtub - shower-compresses

Movement - changing positions - birth ball.

I accept to receive Epidural anesthesia, if I ask for it and after I am fully informed about all the unwanted actions, any complications that may be caused in the development of childbirth, and the effects on me and my baby.

If a epidural anesthesia is deemed necessary, I would prefer it to be done after

my dilation has passed 4-5cm, so it cannot slow the progression of labor.

I would prefer to receive epidural anesthesia in small doses so that I can continue to move and / or change postures.

*Let me express myself so I feel better and attendees follow me, support my rhythm and encourage me (by voice, breath, movement, hug, sleep, meditation, song).*

## *First stage/ Dilation - Push*

I want to follow the natural rhythms of my body

I can walk freely and change positions, or relax the times I wish.

I want to shower and / or to go to bath / pool to relax wherever I want

Let me go to my toilet alone or my with company to help me.

I want to eat light snacks and drink whenever I need as it gives me energy.

The vaginal examination (cervical examination) should be limited to the minimum and only when it is absolutely necessary. If it is possible, I don't want to have a vaginal examination during the first stage of delivery.

I want to be free to relieve my pain in which way I feel confident (voice, spanking, movement)

I would like to start the pushing only when I feel the need to do it.

I want you to guide me only if I ask you to or if it is absolutely necessary (if I have received epidural anesthesia)

Let me choose the my position that best suits me during delivery.

- I prefer a water birth.
- When I reach the second stage of childbirth, I want to see the baby's head in a mirror.
- I do not prefer to do an episiotomy, unless it is absolutely necessary. First I want try alternative methods that preventing tearing of the perineum been tried.
- As soon as my baby is born, I want him or her immediately on my chest , without any delay.

### After birth

- I prefer a delayed cord clamping.
- I would like to have a lotus birth.
- I want my partner to cut the he umbilical cord.
- Let me hold my baby and nurse it when you want to examine him or her.
- I want to breastfeed my baby immediately within the first hour from childbirth or when the baby is ready without any interference or pressure.
- I want to wear my eyeglasses, so I can see my newborn child as soon as is born.
- I want to collect stem cells from the umbilical cord (I have a special bag).

### Third Stage

- I want to take my time and give birth to the placenta without a ergotamine injection and without pulling it.

- I would like to see the placenta when it comes out.
- I want to have the placenta.
- I wish to have my baby constantly in my arms, during the birth and examination of the placenta and during examination or repair of my tissues in the perineum.

### Baby Care - Breastfeeding

- I do not want the baby taken away from me unless my baby's health or life is at risk.
- If my newborn need to be taken from me in order to be tested, which can not be done in the room where I am, I would like my partner to be present and to have the baby in his arms.
- The baby will be with us 24 hours a day (rooming in).
- Do not bath my baby, as vernix is important to keep it warm and after absorb by the skin.
- I will breastfeed. I require not given to my baby formula, glucose (sucrose), chamomile or any other liquid.
- The baby will stay with 24 hours a day (rooming in)
- Do not administer any drug / vaccine / vitamin in the newborn if we do not inform and agree to me and / or my partner.
- If any check is made (if we have been informed and consented), we wish to receive copies of all the results.



### *In case of C-section*

- I would like to avoid the Caesarean section unless there is an absolute medical indication (if the health or the life of my child or mine are at risk).*
- I would like to be with me, during my surgery my partner and / or my midwife and / or my doula.*
- In case of general anesthesia, I want my partner to embrace my baby when he/she is born and if it is possible to place it on my chest by covering it with a blanket or towel under the guidance of my midwife, leaving it there as much as possible*
- In case of total sedation, I want the newborn to be in constant skin to skin contact with my partner until I fully regain my senses.*
- As the cesarean section is a surgical procedure, I would like to know about all the possible complications (morbidity, mortality) in me and the newborn, before I or my husband's consent to the surgery.*



### *International Protocols and Guidelines*

*- WHO Baby Friendly Hospital Initiative 2009, revised original BFHI Guidelines developed 1992, - WHO 1997, CHD 97.1: "Hypoglycemia of the Newborn. Review of the Literature" - WHO 1996, FRH/MSM 96.24: "Care for Normal Birth" - WHO: Documents Maternal and Newborn Health (Updated January 2008) - National Neonatology Forum Publication Committee Clinical Practice Guidelines: Management of neonatal hypoglycemia - Pediatrics 2005; 115: 496-506, - Pediatrics 2012; 129: e827-e841, - Breastfeeding Medicine 2006;1(3):178-184, - Breastfeeding Medicine 2009;4(3)175-182 - Breastfeeding Medicine 2010;5(4)173-177 - NICE clinical guideline 37 July 2006 - NICE clinical guideline 70 July 2008 - NICE clinical guideline 132 November 2011 - American College of Obstetricians and Gynecologists (ACOG); Washington (DC), 2010 Aug. 14 p. (ACOG practice bulletin; no. 115). - Royal College of Obstetricians and Gynaecologists (RCOG). London (UK): Royal College of Obstetricians and Gynaecologists (RCOG); 2007 Feb. 17 p. - IMBCI International MotherBaby Childbirth Initiative ([www.imbci.org](http://www.imbci.org)), 2008 European context revised edition from the CIMS Coalition for Improving Maternity Services guidelines for MotherFriendly Childbirth Initiative MFCI (<http://www.motherfriendly.org/MFCI>) established 1997.*