

Birth Plan Worksheet

from Touro's Family Birthing Center



When creating your plan, be sure to ask yourself the following questions and include any other issues you feel strongly about.

Mother's first and last name: _____

Father's\Partner's first and last name: _____

Due Date: _____

First and last name of baby's pediatrician: _____

Who should be present for the delivery? _____

Do you have any preferences for the environment of the room?

What are your plans for pain relief?

Do you have any preferences for the delivery process?

Do you want your partner to cut the umbilical cord?

Will you breastfeed your baby? _____

If your baby is a boy, do you want to have him circumcised? _____

If a cesarean section is deemed necessary, do you have any preferences for the procedure?

Are there any other issues the birthing center staff should know about you or your baby's delivery?

Remember to discuss your birth plan with both your support person and your physician.