WWS 1-46, p1-108 5/23/05 2:38 PM Page 107

Name _____ Section _____ Date _____

WELLNESS WORKSHEET 46

Developing a Birth Plan

What type of birth experience would you and your partner prefer? Think about your preferences in each of the following areas. In addition to considering these questions on your own and with your partner, you would also need to discuss them with your physician or midwife.

1. Who will be present at the birth? The father? Friends? Children or other relatives?

2. What type of room would you like to be in for the birth?

3. What type of environment—music, lighting, furniture, and so on—would you prefer?

4. Who would you like to have "catch" the baby when he or she is born? Who will cut the umbilical cord?

5. Will the baby be fed by breast or bottle?

(over)

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WWS 1-46, p1-108 5/23/05 2:38 PM Page 108

6. What types of routine medical tests and treatments may be performed? (These are questions that should be discussed with your physician or midwife.)

   • Can the mother eat or drink during labor?

   • Can the mother take a shower or bath during labor? Walk around?

   • Under what circumstances would drugs be used to induce or augment labor?

   • Is electronic fetal monitoring used?

   • Under what circumstances would an episiotomy be performed?

   • Under what circumstances would forceps or vacuum extraction be used?

   • What types of medications are typically used during labor and delivery?

   • Under what circumstances would a cesarean section be performed?

   • Can the baby spend the night in the mother's room rather than in the nursery?