

Sample Birth Plan

We look forward to birthing at Peninsula Hospital! We understand that you cannot plan births, but here are a few of our preferences:

- Laboring
 - Pain medication - we are aware of pain medication options and will let the hospital know if we want to use them (please don't offer)
 - Laboring - we prefer to labor out of bed as much as possible and use the telemetry unit if possible
 - Shower – we would like ability to use the shower during labor
 - Pushing – we prefer to us spontaneous pushing if possible
- Post-labor
 - We would like to put baby on mother's chest as soon as possible
 - We prefer to let cord stop pulsing before cutting and have the baby stay on mom for 1.5 – 2.0 hours before any procedures are done if possible
 - We would prefer not to have the hepatitis B shot
 - We plan to breastfeed and would like no introduction of anything into the baby's mouth without our permission

Thank you in advance for your wonderful care!

Parents:
OBGYN:
Doula: Jennifer Wolfe