



# Printable Birth Plan

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**Pulling Curls ~ The Pregnancy Nurse**

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# Things to consider in labor:

## Do you want to be induced

If you can make the choice to be induced, are you OK or would prefer not.

## Are you OK with an IV?

Most providers would prefer you have an IV should you bleed. Talk with them about this.

## Do you want to move a lot?

Movement can help the baby find "it's spot" as well as help the pain.

## Do you want to eat in labor?

Talk with your provider if this is important to you, some allow it -- some don't.

## Pain management

Are you planning on an epidural or would prefer IV medicine, nitrous or natural?

## Can the Doctor Break Your Water

Something to consider in advance if you'd prefer not.

## Who do you want there?

Who do you want to come to your delivery?

## Are you OK with pitocin

Pitocin is routinely given after delivery, are you ok with that?

## What will you wear?

Some women prefer to wear just at tank top, or their own gown, some prefer ours.

# Things to consider for baby:

## Vitamin K

Most babies get a vitamin K shot soon after delivery to help with blood clotting

## Eye Ointment

Most babies are given eye ointment to protect the eyes from bacteria from the vaginal canal.

## Hepatitis B Vaccine

Do you want the baby to have the hepatitis B vaccine soon after birth?

## Skin to Skin

Do you want to have the baby on your skin (or your partner's) right after birth

## Bath

When would you like the baby to have its first bath?

## Breast or Bottle

How do you plan to feed the baby, are you adamant baby not be given one or the other?

## Pacifier

Do you plan to use one, are you OK with baby having one in the hospital?

Click here to watch my video on what birth plans do for YOU and for your providers!

# Birth Plan

This is for you and your providers so that you all know what you would prefer be done during your delivery

Option	Plan
Planned Induction	
Pitocin	
Preference to wear during labor	
IV	
Movement in labor	
Pain management Plan	
Can the doctor break your water?	
Who will be at delivery?	
Vitamin K	
Eye Ointment	
Hepatitis B Vaccine	
Skin to skin at delivery (with who?)	
Baby's First Bath?	
Breast or Bottle?	
Pacifier Plans	

# THE Online Prenatal Class *for couples*

## *Thanks Again!*

I love that you're getting ready for birth -- but this is just your first step. The EASY way to get prepared for birth is The Online Prenatal Class for Couples:

Get the EASY way to prepare for birth!

**Use coupon code BIRTHPLAN to get 15% off the class today!**

Coupon is already applied > [here](#)<