

OUR natural Birth Plan

Bassett Family

PATIENT

Mother: Carolina Maia Bassett
DOB: September 4, 1981
Blood Type: O+

BABY

Gender: Girl
Due Date: Nov. 21, 2016
Name: Eelan Ati Bassett

SUPPORT

Father: Bert Emery Bassett
Grandma: Patricia Ocampo
Baby's Sister: Gaia Bassett

BIRTH PLAN CONSIDERATIONS

ENVIRONMENT

- Quiet, dimly lit room
- Only support team allowed in room
- Avoid asking too many questions, especially during contractions
- Allow mom to move freely

LABOR

- Access to shower
- Birthing ball available to use
- Ask permission before exams
- No pain medication (epidural), unless requested*
- Natural water rupture
- No IV, unless necessary

BIRTH

- Mom will choose position for delivery
- No crowning touching/viewing
- Support perineum
- Episiotomy if needed
- Skin to Skin**
- Delayed chord clamping (5 mins)
- Dad will cut chord
- No forceps or vacuum

POST NATAL

- Local anesthetic for stitches
- Breastfeeding as soon as possible
- Do not bathe baby
- Keep baby in room
- NO formula, vaccines, eye ointment or drops
- Family in room ASAP
- Few nights as possible*