



Mom and Dad!
Kerri & Mark

BIRTH PLAN FOR ROOM _____

Welcome to Our Birth Experience!

We are striving for a natural birth BUT...we are realistic and logical people who know plans change, especially in the world of labor and delivery. The following items are requests we would like followed as long as they are medically sound and appropriate to the circumstances.

Thank you! Mark and Kerri



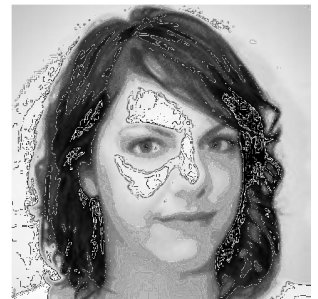
Baby "Cubbie"!
Ronin Wolfe

- ✿ Please include Doula, Mom and Dad in all treatment discussions
- ✿ Any augmentation or induction measures will be discussed with Mom, Dad and Doula for consideration.
- ✿ Please do not offer an epidural or narcotic pain medication
 - (I will request it loudly if needed!)
- ✿ Intermittent fetal monitoring when feasible
 - I wish to move around the room for comfort
- ✿ I would like to use the push bar for the end of the bed
- ✿ Self-guided pushing
- ✿ Immediate skin to skin contact
- ✿ Delayed cord clamping (about 2 minutes)
- ✿ Please preserve placenta, we are having it encapsulated.
 - We verified this when we filled out admission paperwork.
- ✿ Delayed bath, vaccines and testing until after first breastfeeding.
 - I would like to try breastfeeding immediately while baby is still alert.
 - Not bottles or pacifiers please
- ✿ Baby is **NOT** being circumcised



Primary Doctor
Dr. Amy Chapman

**Our Labor Nurse and
"New Best Friend":**



Doula
Ame Shillington