

Birth Plan Nikole and Matthew

- 1) Number of Support Persons- 1 Husband, Doula if allowed by Hospital
- 2) Freedom of Movement - Ideally, full access to movement. Walking, Birth Ball, Standing, Shower
- 3) Eat and Drink - Water, Coconut Water, easy to digest food such as fruit gummies fruit Puree packs. Open to using Intravenous Fluids if it was required and Nikole is unable to keep food or liquids down.
- 4) Labour Induction Methods- Acupuncture, Walking, Stretching, Stretch and Sweep, prefer to use Natural Remedies unless it was unsafe for Mom or Baby. Open to AROM if the baby's head is low enough.
- 5) Pain Management -Breathing, Meditation, Positional Changes, Acupuncture, Massage, Acupressure, running water (shower)
- 6) Usage of Epidural Needle- Preference is for a Natural Birth, however open to using the Epidural if needed and pain is too intense.

At Delivery -

- 1) Self Directed Pushing during delivery, following the urge to push to prevent tearing and Purple Pushing. Breathing in and out during pushes and not holding breath and pushing.
- 2) Position of Pushing- Prefer to do pushing on Side or Kneeling or Standing to keep passageway flexible. Very little pushing while on Back.
- 3) Duration of Second Stage- will look for guidance from Midwives during delivery on what is safest for Mom and Baby. Ideally, a limited amount of time and not unlimited.
- 4) Perineal Stretching- Looking to have as much stretching as possible to help reduce tearing and avoid Episiotomy

Post Delivery-

- 1) Delayed Cutting of Cord until it is white and no longer has blood flow. Do not cut immediately.
- 2) Immediate Skin to Skin contact on Mom, for a minimum of Two hours, unless medical emergency requires attention. Anything that can be done with baby on mother is requested, eg. Blood pressure etc.
- 3) Limited duration of Placental delivery stage as advised by Midwife
- 4) First Feeding will be mother assisted Breast Feeding.
- 5) We will be refusing the Eye Drops for Baby after Delivery.
- 6) Preference is to do Vitamin K injection.

Cesarean Birth -

- 1) Only if medically required for safety of Mom and baby
- 2) Support person to be present.