

## Stewart Family Birth Plan

**Mother:** Kristen Stewart

**Father/Coach:** Michael Stewart

**Due Date:** 7/5/04

**Physician:** Dr. Lyda Sweeney

**Goal:** Healthy outcome for mother & baby

**Overview:**

- We chose Seton Medical Center for the birth of our daughter because of your reputation as a professional facility where women are supported in natural childbirth.
- We have prepared for this birth and have developed this birth plan after careful research.
- We realize that a situation may arise that would cause us to deviate from the plan, and are most concerned with the health and safety of both baby and mother.

Procedure	Preference
<b>LABOR &amp; DELIVERY</b>	
Informed Consent	We expect that Dr. Sweeney (or her partners) and the hospital staff will discuss all procedures with us before they are performed – including their necessity, risks, benefits and what alternatives are available.
Fetal Monitoring	Unless there is cause for concern, please allow for freedom to walk and move by using intermittent fetal monitoring for the first stage of labor.
Eating and Drinking	Please allow Kristen to drink clear liquids during the first stage of labor.
IV	Please do not administer a continuous IV unless Kristen becomes dehydrated. We prefer a heparin lock, and would like to only be connected to the IV as necessary. We realize that will be for part of each hour, as Kristen is a Strep B carrier.
Augmentation	We would like to try alternative means of labor augmentation, such as walking, before administering pitocin or rupturing membranes.
Anesthesia	We are looking forward to giving birth naturally. We are aware that many pain medications exist and will ask for them if we feel they are necessary.
Caesarean	If a caesarean is necessary, our preference is for Kristen to remain conscious and to breastfeed as soon as possible after the birth. Please use multiple-layer suturing to close the incision.
Delivery	We would like the freedom to choose and change positions during delivery.
Episiotomy	We would prefer not to have an episiotomy and would appreciate guidance in when to push and when to stop to allow the perineum to stretch.
<b>POSTPARTUM</b>	
Immediately After Delivery	Please allow us to hold our daughter while the placenta is delivered, and allow Michael to cut the cord.
Routine Procedures	Please allow us to wait the state's 2-hour limit before administering eye drops, the Vitamin K shot, etc. and please explain any routine procedures before administering them to the baby.
Breastfeeding	Please allow us to breastfeed immediately after birth and on demand after that time. Please do not give our daughter any supplements or artificial nipples.
Separation	We would prefer rooming in and no separation from the parents. If our daughter must be taken from the room, we want one parent to accompany her at all times.