My Natural Birth Plan

During Labor

- No medication
- Free movement
- Natural water rupture
- Intermittent monitoring
- Lights dim
- Water birth
- No episiotomy
- Limited cervical exams
- No membrane sweep
- Food and drink for mama
- No students please
- Pitocin only if necessary
- VBAC
- No IV please
- Nitrous oxide
- No forceps / vacuum extraction
- Lotus birth
After Delivery

- immediate skin-to-skin
- delayed cord clamping
- save placenta
- partner to cut cord
- breastfeeding asap
- no vitamin K
- Oral vitamin K
- no circumcision
- no eye ointment
- delay eye ointment
- no bath for baby
- delay exams for bonding
- no formula
- no hepatitis B
- limited visitors
- no pacifiers
- donating cord blood
Gentle Cesarean-specific

- Partner hold baby skin-to-skin immediately
- Vaginal swab
- Gentle cesarean
- No extra drugs to relax
- Monitoring devices to be placed in unobtrusive areas