My Natural Birth Plan

During Labor
- no medication
- free movement
- natural water rupture
- intermittent monitoring
- lights dim
- water birth
- no episiotomy
- limited cervical exams

After Delivery
- immediate skin-to-skin
- delayed cord clamping
- save placenta
- partner to cut cord
- breastfeeding asap
- no vitamin k
- no circumcision
- no eye ointment
- no bath for baby
- delay exams for bonding