

Haley and Daniel Maycock's Birth Plan

During Labor and Delivery

- ◆ We are planning an unmedicated vaginal delivery.
- ◆ We would like our doula (Carie McDonough or Addie Loretta) to be present.
- ◆ During labor, we would like for the lights to be dimmed and for the room to be as quiet as possible.
- ◆ I would like to wear my own clothes at my discretion.
- ◆ I would appreciate positive language about birth, and for words like "pain" to be used as little as possible.
- ◆ I would like to be free to choose my laboring positions and to be allowed to move around the room as much as possible. I would also appreciate laboring with a birthing ball and peanut ball.
- ◆ When the time comes, I would like to push as my body leads, as long as the baby and I are not at risk.

After Birth

- ◆ We prefer delayed cord clamping, until the cord stops pulsating.
- ◆ I want to hold my baby skin-to-skin immediately after delivery.
- ◆ I would like to breastfeed as soon as possible after birth.
- ◆ We respectfully decline erythromycin eye ointment.

Thank you so very much for your care and understanding! We appreciate each of you so very much and are excited to have you on our team.