ONE-PAGE BIRTH PLAN

Our birth preferences

A conversation starter for your care team, not a contract. Tick what matters, cross out what does not, and keep it to this page so busy staff can read it in a minute.

TandemBirth
tandembirth.com/free-birth-plan-template

Who we are

Name, and what to call me

Partner or support person, and what to call them

Due date · Provider or practice · Birth place

Others who may be in the room (doula, family member, friend)

Anything the team should know (health history, past births, allergies, a loss, what we are nervous about)

The room

- ☐ Lights low ☐ Quiet voices ☐ Own music ☐ Door closed
- ☐ Free to move and change position ☐ Own clothes
- ☐ Shower or tub if available ☐ Few interruptions
- ☐ Students welcome ☐ No students ☐ Photos ☐ Video
- ☐ No photos

Other

Labor and comfort

- ☐ Unmedicated as long as I can
- ☐ Epidural when I ask for it
- ☐ Open to pain medication, ask me first
- ☐ Please do not offer pain medication, I will ask
- ☐ Nitrous if available
- ☐ Intermittent monitoring if my situation allows
- ☐ Wireless monitoring if available
- ☐ Saline lock rather than a running IV if possible
- ☐ Clear fluids and light snacks if allowed

What helps me when it gets hard (touch, words, counter-pressure, silence, water)

Decisions and communication

- ☐ Explain options and give us a few minutes alone before deciding, unless it is urgent
- ☐ Tell me plainly what is happening ☐ Tell my partner first, then me
- ☐ If I cannot decide, _____ speaks for me
- ☐

Our thoughts on induction or augmentation, if it comes up

Questions we still want to ask before the birth

Birth

- ☐ Positions of my choice for pushing ☐ Coached pushing
- ☐ Push with my own urges ☐ Mirror ☐ No mirror
- ☐ Warm compresses ☐ Partner announces the sex
- ☐ Partner cuts the cord ☐ Delayed cord clamping
- ☐ Skin to skin right away ☐ Quiet first minutes

If a cesarean happens

- ☐ Partner with me ☐ Partner goes with the baby
- ☐ Drape lowered or clear for the birth
- ☐ Skin to skin in the operating room if possible ☐ Our music
- ☐ Narrate what is happening

Our baby

- ☐ Breastfeeding or chestfeeding ☐ Formula ☐ Combination
- ☐ Lactation help please ☐ Baby stays with us
- ☐ Exams in our room when possible
- ☐ Partner goes with the baby anywhere the baby goes

Newborn medications and screening (vitamin K, eye ointment, hepatitis B vaccine, newborn screen): what we have decided or want to discuss with the baby's doctor first

Circumcision, cord blood, other wishes

Plans change; people in the room decide together. This is not a consent to or refusal of any treatment, and not an advance health care directive. Would you rather answer questions than fill in boxes? The free two-person planner at **tandembirth.com/planner** builds this page, a care-team quick reference, your provider questions and a private plan for your partner from one set of answers. No account, answers stay on your phone.