

My Birth Plan

Please fill out this birth plan to help you prepare and think about what to expect when you deliver your baby! Please bring this with you to a prenatal appointment or when you come to have your baby. We are excited to part of your birth experience.

Check out our website and virtual tour: <https://www.northfieldhospital.org/birth-center>

Parent education & resources: We are pleased to offer the "Newborn Channel" for you to view on your home computer anytime or on channel 99 during your hospital stay. You can see the latest in baby care, breastfeeding, mom/baby yoga, and healthy mom information www.newbornchannelnow.org. Use the Birth Center password: 40111

Name: _____ Due Date: _____ Your OB Provider: _____

Labor Support Person: _____ Baby's Last Name: _____

While your baby is in the hospital, your baby will be seen by a provider from one of these two clinics. Please choose one: (Women's Health Clinic providers do not provide care for newborns after delivery)

- Northfield Hospital + Clinics:** Northfield, Lakeville, Farmington, Lonsdale
- Allina Clinic:** Northfield

If your baby's provider for follow-up appointments is different from the one you marked above, please provide the following information so we can send medical records to the correct provider.

- Other: (Name, Clinic and Phone number) _____

Comfort Measures Available During Labor:

- rocking chair deep soaking tub with shower/chair Birthing ball beanbag dim lighting aromatherapy birth sling kneeling/rocking on floor mat squatting bar birthing chair may wear your own clothing if desired
- Feel free to bring your own pillow, blankets, toiletries, music playlist on your phone, lip moisturizer or anything that helps relax you.

Additional Options for Pain Relief During Labor: Prefer None Undecided Periodically remind me of my options Fentanyl (IV pain medication) Epidural Intrathecal Nitrous Oxide Only if I ask for it As soon as possible

Waterbirth:

If you are choosing to have a waterbirth, please discuss this with your healthcare provider during your prenatal visits. There are criteria that must be met so we can ensure mom and baby safety.

I would like: My labor support person to cut the cord Use of a mirror to view the birth Have my doula present

I need my caregivers to know: _____



The Golden Hour:

Once the baby is delivered, the provider will place the baby on a warm blanket on your abdomen. We will dry him/her off a little to stimulate breathing. We can help you place the baby skin to skin right away to help the baby stay warmer and calm as he/she adjusts to life outside the womb. We encourage this time of feeding and bonding to be for you and your significant other. After 1-2 hours, we will weigh/measure the baby, do footprints etc., then move you all to your postpartum room.

Queen Size Bed (head and feet go up/down, Support person sleeps in same bed)

Hospital Bed (fold down chair in room for partner to stay)

* We can accommodate one family member, must be an adult (18 years or older), to stay overnight with you.
Children **cannot** stay overnight*

Medications/Immunizations for your Newborn:

Vitamin K for clotting: Yes No

Erythromycin eye ointment, prevents infection: Yes No

Hepatitis B Vaccine for Newborn: Yes No

(Please review "What You Need to Know" MN Dept of Health recommendations on our website www.northfieldhospital.org.)

Infant Feeding Preference:

Breastfeed: This is my first time I have experience breastfeeding
 Do you have a breast pump? If so, you may bring it with you.
 I would like help I prefer minimal help

Bottle Feed: Similac (WIC) Enfamil **Instruct me on:** Feeding Mixing
Supplements are only given if medically indicated or requested by mom

Pacifier preference: Yes No (You may bring your own). If you are breastfeeding, we encourage you to wait to use a pacifier until your milk is in. Frequent nursing is normal.

Jaundice: Did you, your children, or the baby's father have jaundice as a newborn requiring phototherapy (special lights over the baby within a few days of birth)? Yes No

Male Circumcision: It is typically done within 1-2 weeks of age in the clinic. Please check with your insurance to see if this procedure is covered.
 Yes No Undecided Please provide me with more information

Car seat: All babies must be discharged from the hospital in a car seat. We encourage parents to check the expiration of the seat, read the seats manual and install base prior to discharge. OB staff are not able to install seats into your vehicle.

A public health nurse home visit is offered in most counties. This nurse would call you the week you are discharged and arrange a visit. They weigh your baby, answer questions on mom and baby care, give feeding/parenting advice and advise on local resources.

I am interested in a public health nurse home visit. Yes No The county I live in: _____

Video recording is only allowed after delivery of the baby, per NH+C policy.

