

## BABY CARE

### About Us:

- Within the first 2 hours after delivery, a thorough baby assessment will be done, including:
  1. Length
  2. Weight
  3. ID bands
  4. Injection of vitamin K (this helps the baby's blood clot)
  5. Eye ointment (to prevent infection from the birth canal)

This will be done in your room if the baby is stable.

- You may keep your baby in your room with you at all times, and we encourage this so that you and your baby can get to know each other.
- After a C-section, we ask that another adult be present with you and the baby in the room since your pain medication may make you sleepy. (Until you are able to get up and out of bed on your own.)
- State law requires a congenital heart screening, a blood test and a hearing screen be performed on your baby before you leave the hospital. Your nurse will review these procedures with you before they are done. All of these routine tests can be performed in your room.
- If you are breastfeeding, your baby will receive no formula, sugar water or pacifiers unless ordered by the pediatrician and approved by you.

### My Choices:

- I am planning to: (Please circle choice(s))**
  - Breastfeed
  - Formula feed
  - I'm undecided
- If my baby is a boy: (Please circle choice)**
  - I want him circumcised\*\*
  - I do not want him circumcised
  - I am not sure yet

\*\* Written consent will be obtained before performing this procedure.

- I would like to take my placenta home.**
- Other:** \_\_\_\_\_

Comments: \_\_\_\_\_

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## GOING HOME

### About Us:

- We offer educational handouts and videos as well as the Newborn Channel.
- A free breastfeeding support group meets every Wednesday, from 11am to 12 noon in our OB Classroom.
- We have lactation consultants on staff. Additionally, all of our nurses are trained in breastfeeding support and problem solving.
- As many as 1 in every 5 women experience difficulty with depression and/or anxiety after the birth of their baby. During your stay at The Birthplace, your nurse and care providers will discuss your emotional adjustment with you and help connect you to any resources you may find helpful.

### My Choices:

- I want to stay in the hospital as long as possible.**
- I want to be discharged as soon as possible.**
- I would like to watch some educational videos during my stay.**
- I would like more information about Postpartum Emotional Adjustment.**
- I would like to initiate birth control if possible before going home.**

- Other:** \_\_\_\_\_

Comments: \_\_\_\_\_

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We look forward to taking care of you and your family soon!

If you have questions about your Birth Plan, or would like to schedule a tour, please call The Birthplace at 413-773-2359.

# The Birthplace

## BIRTH PLAN WORKSHEET



## Welcome to The Birthplace at Baystate Franklin Medical Center



We recognize that the birth of your baby is one of the most exciting and meaningful events in your life and we are grateful that you've chosen to share your birth with us! Our team of midwives, nurses and doctors are committed to providing you and your family with exceptional, compassionate, patient centered care.

Our birth plan serves two purposes: to provide you with the information about the care options that we offer, and allow you the opportunity to make personal choices for your birth experience. Of course birth can never truly be "planned"; birth scenarios continually surprise even those of us who

have worked in the profession for many years. However, knowing your preferences will give us the information we need to design a plan of care specific to your unique needs and desires for your birth experience.

Each section includes information "About Us" where you'll find details about the services we offer. You'll also have the opportunity under "My Choices" to select your preferences and add any other ideas you may have.

Once you've completed your birth plan, we ask that you bring it to your next appointment and review it with your midwife or doctor. If you have any questions about the services we offer, please call The Birthplace at 773-2359.

## WHILE YOU ARE HERE

### About Us:

- We have private birthing and postpartum rooms
- Take advantage of our Spa room where you can enjoy your own music and dimmed lighting while soaking in our Jacuzzi tub.
- We have two immersion tubs for labor and water birth.
- Birthing balls are available for your use.
- Our unit has a small kitchen with a refrigerator, toaster and microwave. Self-service for juice, soda, toast, crackers and other light snacks is available.
- You may store your own food in the patient refrigerator; your nurse will assist you in labeling it properly.
- We have room service meal plans and a special celebration meal.

### My Choices:

- I plan to use a birth doula.**
  - I have chosen a doula.  I need a list of doula's.
- I would like to use the Spa tub during labor.**
- I would like a waterbirth (medical restrictions apply—please discuss this with your doctor or midwife).**
- I would like to bring my own music.**
- I would like low lighting during labor and delivery.**
- I would like my support person to film/photograph in the delivery room.**
- I would like to wear my own clothes during labor and delivery.**
- Other:** \_\_\_\_\_

## EARLY LABOR

### About Us:

- Evidence shows that admission prior to active labor can lead to a higher incidence of intervention and cesarean section. We may suggest that you stay at home if you are in early labor.
- When you arrive, a brief health history and physical exam will be completed which will include a 20-30 minute period of evaluating your contractions and your baby's heart rate.
- After the initial evaluation, we encourage you to move around and change your position frequently. (Take a shower, use the birthing ball, walk, etc).
- Once you are up and about, we will check your baby's heart rate and your vital signs on a regular basis. (This can be done while you are out of bed.)
- We welcome your support person(s).
- Food and beverages are available as you desire and based on the progress of your labor.
- We do not perform routine procedures such as IV therapy, enemas or shaves.

Comments: \_\_\_\_\_  
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### My Choices:

- I plan to spend most of my early labor at home
- Please do not offer me pain medication.
- I would like to use medication to be as pain-free as possible.
- I would like to use the following techniques in early labor: (Please circle)
  - Massage
  - Breathing techniques
  - Hot/cold therapy
  - Bath/shower
  - Birthing ball
  - Other: \_\_\_\_\_



## CESAREAN BIRTH

### About Us:

- Should a Cesarean birth become necessary, in order to prepare for the surgery, three simple procedures are performed by your nurse:
  1. Starting an IV
  2. Inserting a catheter to empty your bladder during surgery. (This will be done after your anesthesia is placed.)
  3. Clip the top portion of your pubic hair.
- You will be given medications, including an antibiotic and something to help with nausea.
- Spinal anesthesia is typically used, allowing you to remain awake but pain-free.
- Once the spinal anesthesia is placed, your support person (only one, please) is welcome in the operating room. If general anesthesia is used (usually only in emergencies), your support person will wait outside the OR.
- As soon as possible after delivery, if you and baby are well, your baby will be placed skin to skin on your chest and covered with a warm blanket. If you are not feeling well, your partner will be offered the opportunity to hold your baby skin to skin. Skin to skin and breastfeeding will also be encouraged for stable moms and babies in the recovery room.

We encourage families to stay together as much as possible. If your baby is stable, s/he will stay in the OR and Recovery Room with you. All routine treatments and medications for your baby will be given in your room. We will delay weighing and measuring the baby until after your first breastfeeding.

### My Choices:

- I would like to use a clear drape so that I can see my baby being born.
- We would like to video/photograph in the operating room, if it's ok with the medical team.
- I would like to hold my baby skin to skin as soon as possible
- I would rather not hold my baby skin to skin
- I would like to try and breastfeed my baby in the OR or in the Recovery Room.
- Other: \_\_\_\_\_

Comments: \_\_\_\_\_  
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## ACTIVE LABOR AND BIRTH

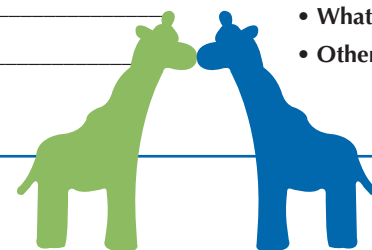
### About Us:

- We will check the baby's heart rate at least every 15-30 minutes (this can be done while you are up). Your vital signs will also be assessed.
- A labor nurse will be with you one-on-one; she can assist you with techniques to manage your labor.
- We welcome your support person(s).
- We encourage position changes, the use of water (shower, Jacuzzi tub) and alternative pain relief methods.
- We do not perform routine episiotomies.
- We help with a variety of positions in which you can deliver your baby.
- We offer the following options for pain control:
  - IV pain medication
  - Nitrous Oxide
  - Epidural Anesthesia

Comments: \_\_\_\_\_  
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### My Choices:

- I would like to try warm perineal compresses while pushing.
- I would like to help catch my own baby as long as baby and I are fine.
- I would like an epidural.
- I would like to view the birth with a mirror.
- I would like to touch the baby's head as it comes out.
- I would like a water birth.
- I would like to use Nitrous Oxide.
- I would like to try the following positions for delivery: (Please circle)
  - Semi-reclining
  - Side lying
  - Squatting
  - Hands and knees
  - Whatever feels right at the time
  - Other: \_\_\_\_\_



## MEETING YOUR BABY

Your early moments with your baby are just as important as your labor and birth. Research shows that the best place for your newborn immediately after birth is lying skin to skin on your chest. Your body is the perfect temperature for your newborn, and the best place for your baby to see you, smell you and get to know you.

### About Us:

- If the baby is fine, s/he will be placed on your chest immediately following delivery.
- The midwife/doctor will wait until the umbilical cord stops pulsing before it is cut, unless the baby needs immediate assistance.
- Your nurse will monitor and assess your baby immediately following birth. Most often this can be done with the baby in your arms.
- We will leave your baby skin to skin until the first feeding. Newborns have a natural instinct to crawl to the breast and latch on. Research shows that if babies self-attach, they have less breast feeding difficulties and breastfeed longer. For more information about the benefits of skin to skin contact and self-attachment, visit our website at [baystatehealth.org](http://baystatehealth.org) (Go to Baystate Franklin and then The Birthplace).

### My Choices:

- My support person would like to cut the cord.
- I want my baby placed skin to skin on my chest after delivery
- I am planning to breast feed and would like to allow my baby to self-attach to the breast.
- If my baby needs to go to the nursery, I would like my support person to go with him/her.
- Other: \_\_\_\_\_

Comments: \_\_\_\_\_  
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