



MY BIRTH PLAN

My name is _____

Due date _____

My doctor _____

My baby's doctor _____

Medications or allergies _____

I am delivering my baby at _____ hospital.

I want to breastfeed or chestfeed my baby for ____ months.



Preparing for your baby's birth is important. Use this handout as a guide to make a plan with your birth support team.

BEFORE DELIVERY

- Learn about the benefits of breastfeeding or chestfeeding. Talk to your family and friends about your decision.
- Take a prenatal birthing class. Talk to your family and friends about your birth preferences.
- Talk to your health care provider, family and friends prior to delivery about your birth plan. This will help your support team advocate for you during delivery.
- Talk to your insurance to learn what benefits they offer to support breastfeeding or chestfeeding.
- WIC offers free lactation consults and supplies, such as breast pumps and bra pads. Talk to WIC staff if you have any questions.



DURING DELIVERY

Let labor begin on its own:

☐ Yes ☐ No

If I am in pain, please use the following items to help relieve my pain:

(medicines, breathing, massage, tub, shower or jacuzzi, etc.)



I want to try different pushing positions like:

(squatting with support, side-lying, on hand and knees, etc.)

I am willing to use these items to help with labor and delivery:

☐ Birthing ball	☐ Birthing chair
☐ Movement	☐ Other _____
☐ Water	_____

In case of a cesarean section:

(List special requests, such as holding your baby skin-to-skin immediately after delivery, etc.)

People allowed in the room during delivery:

(birthing partner, family, friends, photographer, etc.)



AFTER DELIVERY

After my baby is born, I want to:

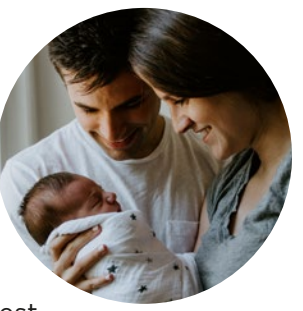
- ☐ Hold my baby skin-to-skin right after birth
- ☐ Give my baby their first bath
- ☐ Keep my baby in the room with me at all times
- ☐ Breastfeed or chestfeed only
 - ☐ No bottles or pacifiers, unless medically necessary
 - ☐ Only give formula if medically necessary
 - ☐ If my baby is having trouble latching, I will ask to see a lactation consultant in the hospital, or I will call WIC Staff
- ☐ I want to limit visitors so my baby, and I can rest and learn how to breastfeed or chestfeed



People allowed in the room after delivery:

FIRST WEEKS AT HOME

- Find family or friends to help you with household chores or other children.
- Try to sleep when your baby sleeps. Ask for help so you can rest.
- If your baby is having trouble breastfeeding or chestfeeding, call your health care provider, lactation consultant, or WIC clinic for support.



Remember, you've got this!

RESOURCES

WIC Breastfeeding Support

Information on making a birth plan and common breastfeeding or chestfeeding challenges and concerns.
<https://wicbreastfeeding.fns.usda.gov/>

Office on Women's Health

Information on making a birth plan and common breastfeeding or chestfeeding questions.
<https://www.womenshealth.gov/breastfeeding>

QUESTIONS?

If I have questions about my birth plan, I will contact:



1-800-8-NEV-WIC
(1-800-8-638-942)
NEVADAWIC.ORG

This institution is an equal opportunity provider.
©Brush Art Corporation