

MY BABY'S NAME: \_\_\_\_\_

## *Topics to Consider After Baby's Birth*

### **HOSPITAL STAY**

- Do I want a "golden hour" so that my baby and I can have bonding time?
- Who do I want to hold my baby if I am unable to do so?
- Do I want my baby to be cleaned and weighed while I take a nap or while I watch?
- Will anyone be staying overnight with me while I am at the hospital?
- Do I plan to save my placenta and take it home?
- Do I need help deciding what to pack for the hospital?

### **FEEDING**

- Do I plan on breastfeeding?
- Am I okay supplementing breastmilk with formula if my production is low?
- Do I plan on pumping my breastmilk?
- Do I need help obtaining a breast pump?
- If I have trouble breastfeeding, do I want a referral to a lactation expert?

### **BABY'S MEDICAL CARE**

- Who will make medical decisions for my baby if I am unable to do so?
- Will my baby receive a Hepatitis B vaccine after delivery?
- Will my baby receive a COVID vaccine after delivery?
- Will my baby receive a RSV vaccine after delivery?
- Do I want my baby to have a vitamin K shot?
- Do I want my baby to have antibiotic eye cream?
- Will my baby boy be circumcised?
- Do I want him to be circumcised at the hospital or after we bring him home?
- Who will be my baby's pediatrician?
- Do I want a recommendations for a doctor?

NAME: \_\_\_\_\_

PARTNER'S NAME: \_\_\_\_\_

## *Topics to Consider Before Baby's Birth*

### **WHILE I AM PREGNANT**

- Do I want to know the sex of my baby?
- If I had a prior c-section, am I planning for another one or trying for a vaginal delivery?
- Do I plan to employ the services of a Doula?
- Do I want my doctor to schedule a tour the hospital for my partner and me?
- Do I want to take classes to prepare my body for childbirth?
- Do I want to take classes to teach my partner and me how to care for our newborn?
- If I am past the recommended time for me to deliver, will I agree to be induced?
- If my baby is breech, do I want my doctor to try to turn my baby before scheduling a c-section?
- Do I plan to store my baby's umbilical cord/stem cells after birth?

### **DURING MY LABOR PROCESS**

- Will I allow my nurse to place an IV line in my arm upon admission to the hospital?
- Will I allow my doctor to monitor my baby's heartbeat continuously during labor?
- Do I want to be able to eat and drink during labor?
- Do I want the room to be silent or do I want to listen to music?
- Do I want the lights on, off, or dimmer?
- Do I want to be able to walk around, take a shower, and/or sit on a medicine ball during labor?
- Do I want help managing my labor pains through the use of an epidural or IV pain medication?
- Do I plan to have a photographer document the birth?
- If my labor stalls, will I agree to receive pitocin to restart the process?

### **DURING MY BABY'S DELIVERY**

- Who do I want to attend my baby's delivery with me?
- Am I okay with a nursing student or medical resident assisting with my birth?
- If my baby is having trouble, do I want to try a vacuum delivery before having a c-section?
- Do I want to delay the clamping of the umbilical cord?
- Who do I want to cut the cord?
- Will I allow my doctor to administer pitocin to me after delivery to prevent heavy bleeding?