

# Mama Natural Birth Plan

Mother's Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

Birth Location: \_\_\_\_\_

## Labor Preferences

### 1. Primary Support Person:

\_\_\_\_\_

### 2. Desired Atmosphere

- Quiet
- Dim Lighting
- Music
- Scented Candles
- Others: \_\_\_\_\_

### 3. Pain Management Techniques

- Breathing Exercises
- Meditation
- Massage
- Water Tub
- Others: \_\_\_\_\_

### 4. Mobility

- Freedom to Walk
- Change Positions
- Others: \_\_\_\_\_

### 5. Food and Drink (Preferences during Labor)

## 6. Monitoring

- Continuous Electronic Fetal Monitoring
- Intermittent Monitoring
- Others: \_\_\_\_\_

## 7. Interventions

- Natural Progression
- Induction if Necessary
- Epidural
- No Epidural
- Others: \_\_\_\_\_

## Delivery Preferences

### 1. Birthing Position

- Upright
- Squatting
- Water Birth
- On Back
- Others: \_\_\_\_\_

### 2. Pushing Technique

- Spontaneous
- Directed
- Others: \_\_\_\_\_

### 3. Perineal Support

- Massage
- Warm Compresses
- Others: \_\_\_\_\_

### 4. Cord Clamping

- Immediate
- Delayed

## 5. Delivery of Placenta

- Natural
- Medicinal Assistance

## Postpartum Preferences

### 1. Immediate Skin-to-Skin Contact

- Yes
- No

### 2. Breastfeeding

- Begin Immediately
- Specific Plans
- Others: \_\_\_\_\_

### 3. Newborn Procedures

- Vitamin K: Accept/Decline
- Eye Ointment: Accept/Decline
- Others: \_\_\_\_\_

### 4. Rooming-In

- Yes
- No

### 5. Recovery Food/Drink Preferences

---

## In Case of Cesarean

### 1. Preference for Cesarean

- Only if Medically Necessary
- Others: \_\_\_\_\_

### 2. Presence of Partner/Support Person

- Yes
- No

### 3. Skin-to-Skin ASAP

Yes

No

**4. Breastfeeding Post-Cesarean**

As Soon as Possible

Others: \_\_\_\_\_

**5. Post-Cesarean Care**

---

**Additional Notes/Preferences:**

**Signature of Expectant Mother:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This template can be customized to suit individual preferences and needs, ensuring a birth experience that aligns with the mother's values and desires.