

# My Birth Plan

## During Labor and Birth



no medication



no episiotomy



intermittent  
monitoring



free movement



lights dim

## After Delivery



immediate  
skin-to-skin



delayed cord  
clamping



partner to  
cut cord



breastfeeding  
asap



delay exams  
for bonding

## For Baby



no vitamin k



no  
circumcision



no eye  
ointment



no bath  
for baby



no hepatitis b