



# Twin Birth Plan Worksheet

Who would you like to be there on delivery day:

Partner: \_\_\_\_\_

Relatives: \_\_\_\_\_

Friends: \_\_\_\_\_

Doula: \_\_\_\_\_

If possible while I'm in labor, I would like...

\_\_\_ Music: (Type) \_\_\_\_\_

\_\_\_ The lights dimmed

\_\_\_ To wear my own clothing

\_\_\_ To take photos or film my birth

\_\_\_ To move around as much as possible

\_\_\_ As few vaginal exams as possible

\_\_\_ To eat and drink (as directed by my doctor)

\_\_\_ Aromatherapy

If the babies and I are in no danger:

\_\_\_ I'd like to have intermittent, rather than continuous, fetal monitoring

\_\_\_ I'd like to be allowed to labor free of time limits

If possible I'd like to be offered:

\_\_\_ A birthing stool    \_\_\_ A squatting bar

\_\_\_ A birthing chair    \_\_\_ A birthing pool

I'd like to try the following pain management techniques:

\_\_\_ Breathing/Distracton    \_\_\_ Bath/Shower

\_\_\_ Self hypnosis    \_\_\_ Massage

\_\_\_ Acupressure    \_\_\_ Meditation

\_\_\_ Please don't offer me any pain medication unless I request it

\_\_\_ If possible I'd like a heparin or saline lock

My goal is to:

\_\_\_ Breastfeed exclusively

\_\_\_ Combine Breastfeeding and supplementing with formula

\_\_\_ Formula feed exclusively

If I am unavailable to breastfeed, please offer my babies:

\_\_\_ Formula    \_\_\_ A pacifier

\_\_\_ Sugar water

If one or both of my babies are boys:

\_\_\_ I'd like him/them circumcised at the hospital with anesthesia if possible

\_\_\_ I'd like him/them circumcised later

\_\_\_ I don't want him/them circumcised

People I'd prefer were not there:

\_\_\_\_\_

If I end up having a Vaginal Birth:

\_\_\_ I'd like to view my birth using a mirror

\_\_\_ I'd like to feel my babies heads while crowning

\_\_\_ The room to be as quiet as possible

\_\_\_ To risk a tear rather than have an episiotomy

\_\_\_ To breastfeed my babies as soon as possible

\_\_\_ Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)

If I end up having a C-Section:

\_\_\_ I'd like to have my partner present at all times

\_\_\_ I'd like the screen lowered a bit so I can see my babies the moment they are born

\_\_\_ I'd like the babies to be given to my partner as soon as they are ready

\_\_\_ To breastfeed my babies as soon as possible

\_\_\_ Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)

\_\_\_ I'd like my hands free so I can touch my babies

\_\_\_ I'd like the surgery to be explained to me as it happens

Immediately after delivery:

\_\_\_ All newborn procedures to take place in my partner's presence

\_\_\_ To hold my babies right away (if possible) putting aside any procedures that are not urgent.

\_\_\_ To breastfeed as soon as possible

\_\_\_ To wait until the umbilical cord stops pulsating before it is clamped and cut.

\_\_\_ I'd like my partner to cut the umbilical cord

Postpartum:

\_\_\_ To be in a private room

\_\_\_ To be in a shared room

\_\_\_ To be in a shared room by the window

I'd prefer if my babies:

\_\_\_ Roomed with me 24 hours a day

\_\_\_ Room in with me only when I am awake

\_\_\_ My babies to be brought to me for feedings only

\_\_\_ I'll base my decision depending on how I am feeling