

Twin Birth Plan Worksheet

People I'd prefer were not there:

Who would you like to be there on delivery day:

Partner:	
Relatives:	If I end up having a Vaginal Birth:
Friends:	I'd like to view my birth using a mirror
Doula:	I'd like to feel my babies heads while crowning
	The room to be as quiet as possible
If possible while I'm in labor, I would like	To risk a tear rather than have an episiotomy
Music: (Type)	To breastfeed my babies as soon as possible
The lights dimmed	Only my practitioner, nurse, and guests present (i.e.,
To wear my own clothing	no residents, medical students, or other hospital personnel)
To take photos or film my birth	
To move around as much as possible	If I end up having a C-Section:
As few vaginal exams as possible	l'd like to have my partner present at all times
To eat and drink (as directed by my doctor)	I'd like the screen lowered a bit so I can see my babies
Aromatherapy	the moment they are born
	I'd like the babies to be given to my partner as soon as
If the babies and I are in no danger:	they are ready
I'd like to have intermittent, rather than continuous,	To breastfeed my babies as soon as possible
fetal monitoring	Only my practitioner, nurse, and guests present (i.e.,
I'd like to be allowed to labor free of time limits	no residents, medical students, or other hospital personnel)
If people I'd like to be offered.	I'd like my hands free so I can touch my babies
If possible I'd like to be offered:	I'd like the surgery to be explained to me as it happens
A birthing stool A squatting bar	
A birthing chair A birthing pool	Immediately after delivery:
I'd like to try the following pain management techniques:	All newborn procedures to take place in my partner's
Breathing/Distraction Bath/Shower	presence
Self hypnosis Massage	To hold my babies right away (if possible) putting
Acupressure Meditation	aside any procedures that are not urgent.
Please don't offer me any pain medication unless I	To breastfeed as soon as possible
request it	To wait until the umbilical cord stops pulsating before
If possible I'd like a heparin or saline lock	it is clamped and cut.
	I'd like my partner to cut the umbilical cord
My goal is to:	
Breastfeed exclusively	Postpartum:
Combine Breastfeeding and supplementing with	To be in a private room
formula	To be in a shared room
Formula feed exclusively	To be in a shared room by the window
-	I'd prefer if my babies:
If I am unavailable to breastfeed, please offer my babies:	Roomed with me 24 hours a day
Formula A pacifier	Room in with me only when I am awake
Sugar water	My babies to be brought to me for feedings only
If one or both of my babies are boys:	I'll base my decision depending on how I am feeling
I'd like him/them circumcised at the hospital with	
anesthesia if possible	$\dot{\Box}$
I'd like him/them circumcised later	Twiniversity.com
I don't want him/them circumcised	I WINIVERSITY.COM