



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