

Catholic Home Birth/ Birth Center Plan

Mom:
Dad:

My Birth Goal Summary:

ENVIRONMENT

- Dim lights/ natural light
- Affirmation cards
- Crucifix/ Marian statue/ etc.
- Play my own playlist
- Essential oil/ candles
- Easy access to snacks & drinks
- _____
- _____
- _____

COMFORT MEASURES

- Breathing exercises
- Freedom to move
- Warm shower
- Gentle massage
- Scripture reading/ positive affirmation
- Hot and cold compress
- _____
- _____
- _____

LABOR & DELIVERY

- I desire a water birth
- Limited cervical checks
- Natural water rupture
- Perineal support
- _____
- _____
- _____
- _____

AFTER BIRTH

- Deliver placenta naturally
- Keep the atmosphere the same until I deliver my placenta
- Immediate skin-to-skin
- Breastfeeding right away
- Delayed cord clamping/ wait until it's white
- Sitz bath/ shower before going home
- _____

NEWBORN CARE

- Delayed first bath
- Leave vernix on baby
- APGAR assessment (yes / no)
- Vitamin K shot (yes / no)
- Eye ointment (yes / no)
- Hep B shot (yes / no)

ADDITIONAL REQUESTS

- _____
- _____
- _____
- _____
- _____
- _____

PLAN Z - In case of transfer (preferred Hospital: _____)

- I want to stay informed before making decisions
- C-section ONLY if its necessary (gentle c-section, if possible)
- _____
- _____

Catholic Hospital Birth Plan

Mom:
Dad:

My Birth Goal Summary:

ENVIRONMENT

- Dim lights/ natural light
- Affirmation cards
- Crucifix/ Marian statue/ etc.
- Play my own playlist
- Essential oil
- Easy access to snacks & drinks
- _____
- _____
- _____

COMFORT MEASURES

- Breathing exercises
- Freedom to move
- Warm shower
- Gentle massage/ acupuncture points
- Scripture reading/ positive affirmation
- Hot and cold compress
- _____
- _____
- _____

LABOR & DELIVERY

- I desire to labor in water
- Limited cervical checks
- Natural water rupture
- Perineal support
- Not pushing on my back
- No purple pushing/ coach pushing
- _____

MONITORING & INTERVENTIONS

- Intermittent/ continuous fetal monitoring
- If IV is required (ex. antibiotic), I'd like to have a heplock
- Non-IV induction options/ Pitocin
- If pitocin is given, stay at lower dose
- Nitrous oxide/ epidural
- _____
- _____

AFTER BIRTH

- Deliver placenta naturally
- Immediate skin-to-skin
- Breastfeeding right away
- Wait cord clamping until it's white
- Sitz bath/ shower before going home
- _____

NEWBORN CARE

- Delayed first bath
- Leave vernix on baby
- APGAR assessment (yes / no)
- Vitamin K shot (yes / no)
- Eye ointment (yes / no)
- Hep B shot (yes / no)

PLAN Z - In case of emergency

- I want to stay informed before making decisions
- C-section ONLY if its necessary (gentle C-section, if possible)
- _____
- _____



Accompaniment for Catholic Hospital Birth Plan

Regardless of which hospital you are planning to give birth at, please **remember** that **you are allowed to accept, question, delayed, or decline any options presented** to you during labor & birth (exceptions: most hospitals policies do not allow women to give birth in water, even though there are no strong research evidence against this per Evidence Based Birth).

Depending on the hospital's policies and your birth team (nurses & OB/ midwife), you may have to advocate for yourself and your baby during labor & birth to be kept well informed and to have your birth plans respected. So make sure you and your support person (husband/ partner/ family member) are on the same page with your birth plans/ preferences.

Important notes on hospital interventions:

1. IV heplock - heplock will allow you to be disconnected to your IV when you don't need it (ex. when antibiotic is only administered via IV every 4 hours for 30 minutes), allowing you to move freely.
2. **Non-IV induction options** that you can try before pitocin: Clary Sage Essential Oil, Evening Primrose Oil (prostaglandin), and balloon catheter.
3. Pitocin dosing - you can ask to **stay at lower dose of pitocin**, instead of increasing it every 30 minutes to an hour, which could lead to exhaustion and fetal distress.
4. Intermittent fetal monitoring is available and possible even with laboring in water.
5. Nitrous oxide (NO) is a non-invasive pain management option that you can try before epidural. NO (laughing gas) will make you feel more relaxed without blocking any pain receptors and making your lower body numb.
6. Giving birth off your back (ex: on all fours or squatting with a hospital squat bar) is **possible even with epidural**. The nurse can assist you to get into these positions!

Important notes on after birth care:

1. You can ask for a gentler fundal massage after you deliver your placenta. Fundal massage can be painful and uncomfortable.
2. To have an uninterrupted immediate skin-to-skin, you can ask the nurse to delay weight/physical assessment. **APGAR assessment can be done with your baby ON you.**
3. At the hospital, **“delaying” cord clamping is different than “waiting until the cord turns white.”** Delaying can mean 1 minute, which is not enough time for the cord blood to transfer to baby.

What Happens During a Gentle C-section?

A gentle c-section allows the mother to have a c-section environment and experience that is similar to vaginal birth. The mother can choose to watch her baby being born through clear drapes, have immediate skin-to-skin with baby, choose **delayed** cord clamping, and dim lighting.

