

Crouse Hospital First Steps Childbirth and Family Education Program

Planning for your birth…..

Below are some of the options that maybe available to you in labor Check those that you are interested in and discuss them with your partner as well as your healthcare provider.

**Care Provider**

 Obstetrician

 Family Practice

 Certified Nurse Midwife

**People I would Like to be present at my birth:**

 Partner

 Siblings of the baby

 My Siblings

 Other family members

**Partner/Labor Assistant Present**

 For all procedures

 During Labor

 During Delivery

 During C-Section

 In post partum room

**Before Labor**

 Stay home as long as possible

 Arrive early and settle in

**Early Labor**

 Wear my own clothes

 Wear hospital gown

**Food**

 Access to clear liquids

 Access to light foods

 Ice chips

**Pain relief and Relaxation**

 Massage

 Tub

Shower

Music

Acupressure

Medication

 Breathing

 Imagery

 Birthing Ball

 Reiki

 Cool Cloth

 Medication Options

**Movement**

 Free to move around and change positions

**IV**

 Routine

 Hep Lock

 Only as needed

**Labor**

 Proceed on it’s own with artificial stimulation

**Membranes**

 Ruptured artificially

 Ruptured naturally

**Fetal Monitoring**

 Intermittent Auscultation

 Intermittent Monitoring

 Use during

 - all

 - part

 - as needed

**Delivery Position**

 Squatting

 Sitting

 Reclining on side

 Hands & Knees

 Other

**Lighting**

 Dim

 Bright

**Following Delivery**

 Immediate skin to skin contact for 1 hour

**Umbilical Cord**

 Delayed clamping

 Cord blood collection

 Cut by a person of your choosing

**Breastfeeding**

 Immediately

**Eye Prophylaxis**

 Immediately

 Delayed up to 1 hour

**Location of Baby**

 Can stay in your room

**Nursery Procedures**

 Pacifier Yes/No

 Circumcision

**Method of feeding**

 Breast

 Bottle

 Both

**Length of Stay**

 Standard Stay

 - 2 days for vaginal delivery

 - 3 to 4 days for a c-section

 Short Stay

-24 to 36 hours

-Request family birth program

-Notify Pediatrician and OB

-Let beside nurse know

-Includes a nurse home visit

**Cord Blood Collection**

 Donate – Upstate Cord Blood Bank (free)

 Bank- Multiple Companies (payment)

**\*Pediatrician should be arranged prior to delivery, have your car seat installed prior to delivery as well.\***