

Name:

Birth Partner's Name:



Gentle Caesarean Birth Plan

PREPERATION BEFORE GOING INTO THEATRE

If there is time, I wish to listen to my hypnobirthing relaxation audio before going into theatre.

CREATING A CALM BIRTH ENVIRONMENT WITHIN THEATRE

I wish to have my own audio played using the theatre speaker system. If this is not possible I wish to wear headphones.

I request that there is minimal talking between staff during the birth of my baby so that my oxytocin levels are kept high.

I wish for the lights to be dimmed by my end of the bed.

THIRD STAGE OF LABOUR

I wish to have a lotus birth and request that the surgeon removes the placenta and places it in a bowl after my baby is born with my baby still attached to the umbilical cord.

I wish to have optimal cord clamping and wait until the cord has turned completely white. My partner wishes to cut the cord.

OTHER IMPORTANT DETAILS

FACILITATING SKIN-TO-SKIN

I would like to wear my gown backwards so that the front is left open for immediate skin-to-skin.

I wish for the electrodes and monitors to be placed on my shoulders and back so that my chest is left bare.

Please attach the oximeter to my toe or non-dominant hand.

I wish to have immediate skin-to-skin with my baby - no wiping, weighing or checking of baby first.

I wish to have undisturbed skin-to-skin for an hour following my baby's birth. If this is not possible, my birth partner would like to have skin-to-skin. Do not take my baby to NICU for "routine" purposes.

I wish to initiate breastfeeding with my baby. Please do not give my baby formula.

I wish to be kept together with my baby at all times.

BIRTHING MY BABY - A GENTLE CAESAREAN

I wish for the surgeon to make the incision and then 'walk my baby out'.

I wish for the screen to be lowered or dropped completely so that I can watch my baby being born.

I wish for no or minimal talking while my baby is being born.

I wish to reveal the gender of my baby.

