

**Birth Plan for: Justin and Shannon Fourie - Baby Fourie**  
**Due Date: 3 September**  
**Doctor: Dr Candice Roberts**  
**Doula: Sr Liza Harkess**

I would like to wear my own clothes during labor, birth, and postpartum.

Upon arrival at the hospital, I prefer to have my partner with me at all times

I would like to play music.

I would like freedom to use the tub and shower as I see fit during labor.

As long as baby and I are healthy, I would like to go past my due date before inducing labour (provided he is not getting too big). Please obtain my permission before stripping my membranes during a vaginal exam.

If induction becomes necessary, I would like to try natural induction techniques first (with the guidance of my practitioner)

I would like to have an enema, and have the option of a second if I feel the need for it.

If I have to be induced then I would like an epidural.

I would like the freedom to move about and labor and birth in any position I feel comfortable. This may include giving birth in a location of the room other than the bed.

I would like the room to remain dim/naturally lit. I would like for people entering the room to speak softly.

I would like intermittent fetal monitoring, not continuous.

If labor augmentation becomes an issue, I would prefer to use natural methods deemed appropriate by me and my doctor and doula.

After medical guidance for pain relief, I would appreciate some private time with my partner to discuss which pain management technique or medication I would like to use.

If a C-Section is not an emergency, please give my partner and me time alone to think about it before asking for our written consent.

I do not want any extra people in the room while I labor and give birth.

I would like my husband to "catch" the baby if appropriate.

I want my baby's cord to stop pulsating before my husband cuts it..a minimum of 5-10 minutes after birth.

I want my baby to be immediately placed on my chest following birth, nurse right away, and remain with me continuously. I want as many procedures/baby checks to be done while my baby remains on my chest.

I would prefer for the placenta to be born spontaneously without the use of pitocin, and/or controlled traction on the umbilical cord.

In the event of an emergency/unforeseen circumstance I want my husband to remain with the baby at ALL times.

My baby will not be circumcised.

My baby is to be exclusively breastfed.

I would like my family to be able to visit myself and the baby immediately following the baby's birth if I so desire.