

LABOR & BIRTH "PLAN" FOR:

PARENTAL UNIT #1

PARENTAL UNIT #2



BABY/BABIES

COPING

SILENCE

ENCOURAGEMENT

CHEERLEADER

NANCY REAGAN

PAIN MANAGEMENT

CHARLIE SHEEN

JUST DO IT

EXPLANATIONS

HERE'S WHY...

BEACHED WHALE

POSITIONS

YOGA STUDENT

MUSIC

SHOWER

STUDENTS ALLOWED

POPSICLES

TENNIS BALLS

MIRROR

ICE

MASSAGE

PARTNER CUT THE CORD

HEAT

PRESSURE

WATER BIRTH

OTHER NOTES

IN CASE OF EMERGENCY

TOP NORMAL LABOR WORRY (FYI)

NEWBORN CARE

GENERAL PHILOSOPHY

YES NO

SKIN TO SKIN

BREAST FEEDING

ROOMING IN

EYE CARE DELAY

EARLY DISCHARGE