Birth Plan for Vicky and Ryan Somma

Estimated Delivery Date: August 13, 2011

Birthcare & Women’s Health

1501 King St, Alexandria, VA 22314

(703) 549-5070

**Father:** Ryan Somma

**Birth Attendants:** Mary Beth Harris/Pam Llewellyn/Lori Stillwagon (Birth Assistant), Dr. Linda Bennington (Ryan’s Mother)

**Philosophy:** natural, non-medicated birth. We have been trained in the Bradley Method.

**Special Situations:** Vicky has a history of emetophobia (fear of vomiting).

**Environment**

* Wish to remain hydrated with Gatorade, clear fluids, and ice chips
* Option to have small nutritional snacks (crackers, nuts, yogurt, avocado)

**First –Stage Labor**

* Privacy… We would prefer Ryan to be the primary support person.
* Prefer freedom to walk around during labor.
* Minimal exams to avoid becoming distracted or discouraged, gently as possible when performed to avoid premature rupture of membranes.
* Manage pain in the following ways: massage, relaxation, Jacuzzi tub, etc.

**Second-Stage Labor**

* Birthing equipment: squatting bar, birthing ball
* Freedom to move around and try different pushing positions
* Please use perineal massage, warm compress and support to prevent tearing. If necessary to alleviate clitoral tear or fetal distress, please do a pressure episiotomy.
* Ryan would like to catch the baby after midwife delivers head.
* Immediate mother-infant skin-to-skin contact… please do not wash baby before attempting breastfeeding

**Third-Stage Labor**

* Withhold clamping and cutting the umbilical cord until blood has transferred to the baby and cord has stopped pulsating.
* Would like to expel the placenta naturally. Please administer Piticon only if threat of hemorrhage.
* Ryan would like to cut the cord.

**Post Baby Care**

* Please do administer Vitamin K Shot and Erythromycin Ointment
* Please do not circumcise our son.

**In Case of Transfer**

* If mother and baby have to be separated, Ryan will stay with the baby. Linda (if present) can stay with Vicky.