



TAKE ACTION

Make a birth plan.

While the COVID-19 pandemic continually changes, March of Dimes knows that every day babies are still being born. This document has been designed for you to assess the preferences you'd like based on the policies of your chosen place of birth. At the end you'll find a series of questions that you should ask your provider as you prepare for your baby's birth.

Your name

Your provider's name and contact information

Your baby's due date

Your baby's provider's name and contact information

1 Where do you plan to have your baby?

2 Can a support person be present during labor and birth? If yes, who is your primary support?

Name _____

Phone _____

This person is:

- Your partner
- Your baby's father
- A family member
- Your friend
- Clergy
- Your doula

3 Is there an option to have virtual support during labor and birth?

Virtual options:

- By phone
- Skype
- FaceTime
- Facebook
- Zoom
- WhatsApp

4 Can you bring your own device (phone/iPad)?

Yes No

Does the hospital have WIFI access?

Yes No

Will the hospital provide a device for virtual support?

Yes No

5 What support do you want during labor?

- Help with breathing
- Help working through contractions
- Massage
- Help to move around
- Use of labor tools (birth ball, peanut ball)
- Sensory (lights, music)
- Other _____

6 Do you want to move around during labor?

Yes No

What position(s) do you want to be in during labor?

Lying down

Sitting

Standing

Other _____

7 What kind of medicine, if any, do you want to help with labor pain?

8 Do you want to hold your baby skin-to-skin during the first hour after birth?

Yes No

9 Do you want delayed cord clamping?

Yes No

10 Who do you want to cut the umbilical cord?

11 Do you plan to bank/donate your baby's umbilical cord blood?

Yes No

12 Do you want your baby with you at all times after birth? Or is it OK for your baby to spend time in the nursery?

Stay with you at all times

OK to stay in the nursery

13 Do you plan to breastfeed your baby?

Yes No

14 Do you want to meet the lactation consultant while in the hospital?

Yes No

15 Do you want to be told before your baby is offered a pacifier or formula?

Yes No

16 If your baby is a boy, do you want him circumcised?

Yes No

17 Are there special traditions you want to take place when your baby is born?

Yes No

Describe _____

18 Who is your emergency contact?

Name _____

Relationship to you _____

Phone _____

19 Is there anything else the hospital or birthing center staff should know about you or your baby's birth?

Yes No

Describe _____

20 Are there words or expressions that you'd like the health care team NOT to use?

Yes No

Describe _____

21 Do you prefer to limit the number of health care staff that enter your room?

Yes No

When preparing for birth, call your facility to ask:

1 Can I bring a partner or support person with me?

2 If I'm not permitted to have a support person present, what are the facility's policies about having a virtual support person?

3 If I'm not permitted to have a support person present, how will your staff support me and help manage my emotional and physical needs during labor and delivery?

4 How will my baby and I be protected from COVID-19 during labor and delivery, and what are the policies about wearing a mask for pregnant and post-partum women?

5 Do you have a virtual hospital tour to prepare for my labor and delivery?

6 What am I permitted to bring to the facility with me?

7 Will I be tested for COVID-19?

8 What will happen if I test positive for COVID-19?

9 What will happen if my baby tests positive for COVID-19?

10 What is the average time frame for post-partum discharge for mom and baby?

11 What is your facility's policy around visitors after I have my baby?

12 Are there any other facility-specific labor and delivery policies that I should be aware of?

When you arrive, ask:

1 Have there been any changes in the facility's labor and delivery policies?

2 While in labor, where am I permitted to move around?

3 What are the policies around eating and drinking during labor?
