

BIRTH/ POSTPARTUM ETIQUETTE

- DO NOT ENTER UNANNOUNCED/ UNINVITED
- DO NOT WEAR PERFUME OR STRONG SCENTS
- WASH YOUR HANDS
- NO VISITS IF YOU OR ANYONE IN YOUR HOME IS SICK
- KEEP VISITS SHORT
- LIMIT PHONE USE (UNLESS TAKING CONSENTED PHOTOS)
- BE PRESENT!
- DO NOT POST UPDATES ON SOCIAL MEDIA
- LEAVE FEAR AT THE DOOR
- SPEAK RESPECTFULLY
- ASK QUESTIONS POLITELY
- PRIORITIZE MAMA'S RELAXATION & WELLBEING
- DO NOT KISS THE BABY
- FOLLOW MAMA'S WISHES (THEY MAY CHANGE!)
- LET CLIENTS DO THE DECISION MAKING
- LEND A HELPING HAND: TIDY UP, COOK, CARE FOR OLDER SIBLINGS
- HER BIRTH, HER VOICE, HER CHOICE.

Focus on what's best for Mama



Asante Mama Birth Plan

CLIENT & CARE TEAM INFO

Client _____	Expected Due Date: _____	Care Provider _____
FOB/Partner/Support People _____	Birth Location _____	Care Provider's phone # _____

Please check all desired preferences that apply (as long as not medically necessary)

ADMISSION & PROCEDURES

ALLERGIES OR REQUESTS

_____ Induction

_____ Planned C-birth

_____ Epidural

_____ Freedom to move/ walk/ eat

_____ IV/ Hep lock

_____ Birth Tub

_____ Go home if less than 4 cm

_____ Early labor at home

_____ Photos/videos

LABOR

SUPPORT

_____ Provider Present at home (early labor)

_____ Provider Present at hospital

_____ Provider VIRTUALLY PRESENT while at hospital _____ Call _____ Video chat

_____ Provider Present in the Immediate Postpartum

ENVIRONMENT & COMFORT MEASURES

_____ Rebozo

_____ Birth ball, peanut ball, birth stool

_____ Physical Touch Support (massage)

_____ Breathing techniques/ hypnotherapy/guided relaxation

_____ Position changes

_____ Intermittent monitoring

_____ Continuous fetal monitoring

_____ Only offer support if asked

_____ Pain medication/ Narcotics

_____ Minimal vaginal exams

_____ Soft voices, low lights, minimal interruptions

_____ Music Playlist of choice

BIRTH

_____ Perineal support	_____ Coached pushing	_____ View baby as they crown
_____ Perineal massage		_____ Catch my own baby
_____ Instinctive pushing/birthing		_____ Partner catches baby
_____ Birth in an intuitive posture		_____ Care provider catches baby
_____ Feel baby's head during crowning		_____ Narrated delivery

NEWBORN

- ____ Vitamin K
- ____ "Lotus Birth" of placenta
- ____ PKU/ Newborn Screen
- ____ Erythromycin eye ointment
- ____ Hep B
- ____ Circumcision
- ____ Postpone immunizations
- ____ Immunize per policy

POSTPARTUM

- ____ Pitocin administration
- ____ Spontaneous birth of placenta
- ____ Delayed cord clamping
- ____ Mother/Partner cuts cord
- ____ Keep the placenta
- ____ "Tour" of the placenta
- ____ Plans to breastfeed (do NOT offer formula)
- ____ Offer Donor human milk, instead of formula
- ____ Private observation of the Golden Hour
- ____ Delay all non-essential newborn procedures
- ____ Perform all newborn procedures skin to skin

"UH-OH"/BACK-UP PLAN

- ____ Remain conscious during C-birth
- ____ Discuss anesthesia options
- ____ Support person present for c-birth
- ____ Walked through the procedure beforehand
- ____ Baby taken to nursery during recovery
- ____ Partner remains with baby
- ____ Pump/express milk for baby
- ____ Parent Involvement in ALL decision making
- ____ See baby before transfer

ADDITIONAL NOTES
