FAMILIES FIRST

OUR *Birth Plan*



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Boozhoo and Miigwech - Hello and Thank You

Thank you for walking alongside me (The Patient) as I prepare to welcome new life into the world. This journey is a sacred time for me. I am full of hope, love, and the unknown. As I carry this child into the world, I hold both joy and vulnerability in my heart. There is strength in this moment, but also tenderness. Please know that I am not alone, and neither are you (my healthcare team). My journey is embraced by a circle of care that reflects the spirit of our community.

My Community

My Baby's Name _____

My Name _____

My Family Support _____

My Healthcare Team _____



Here's How You Can Help

Honoring My Voice & Protecting My Story



Lets Talk

Conversations about sensitive topics matter. They are part of understanding and supporting the health of every person and every family. But these conversations are heavy. When shared carelessly, there is potential to do harm, not just to me, but to my child and my family.

Ask

With deep respect, please protect my health information as if it were your own. Please don't share it with anyone not directly involved in providing my care.

Resources

When you have questions about my history, please come to me directly. I will answer honestly if I feel safe, respected, and understood.

Consent

Above all, I ask for informed consent, not just a signature on a form. Please explain why a test or screening is needed, what it will tell us, the risks and benefits, and my options. Empower me with knowledge and offer me choices in my healthcare decisions. This builds a trusting relationship showing mutual respect.

You May Share Information With The Following People

_____

_____

_____

_____

My Health Story

Rooted in Spirit, Mind, Body, and Community

My journey holds many layers. The care I've received, the pain I've endured, and the healing I seek are all part of who I am. Please take time to ask me about my past and present health. Not just the illnesses or treatments, but the experiences, the medicines, the moments of strength, and the times I needed support. These stories matter because they are mine, and they are sacred. In our way, health is more than physical. It lives in the spirit, the heart, the mind, and in our relationships. When you ask with care and listen with respect, you'll understand the crucial role of respect in the healing process.

Surgeries I've Had _____

_____

_____

Medications I'm Currently Taking _____

_____

_____

Medications I Stopped Taking During Pregnancy _____

_____

_____

Things I've Done to Have a Healthy Pregnancy _____

_____

_____

_____

My Past Pregnancies & Births _____

_____

_____

_____

Honoring My Labor

Care & Respect

Labor is a sacred passage, and I ask for your support in helping me feel safe, grounded, and fully seen throughout this journey. This labor is a time of strength and vulnerability. When you honor my wishes, you help create a space where my body can open, my spirit can rest, and my baby can arrive in safety, peace and love. Please allow me the freedom to move as my body guides me.

My Chosen Support Person Is_____

I Ask to Have Limited Contact With_____

My Other Children Will be Cared For By_____

Y N I Would Like To Wear My Own Clothing.

Y N Limit The Number Of Vaginal Exams.

Y N I Want To Drink Water Or Chew Ice During Labor.

Y N Please Avoid Using Medications To Speed Up My Labor Unless It Is Truly Necessary.

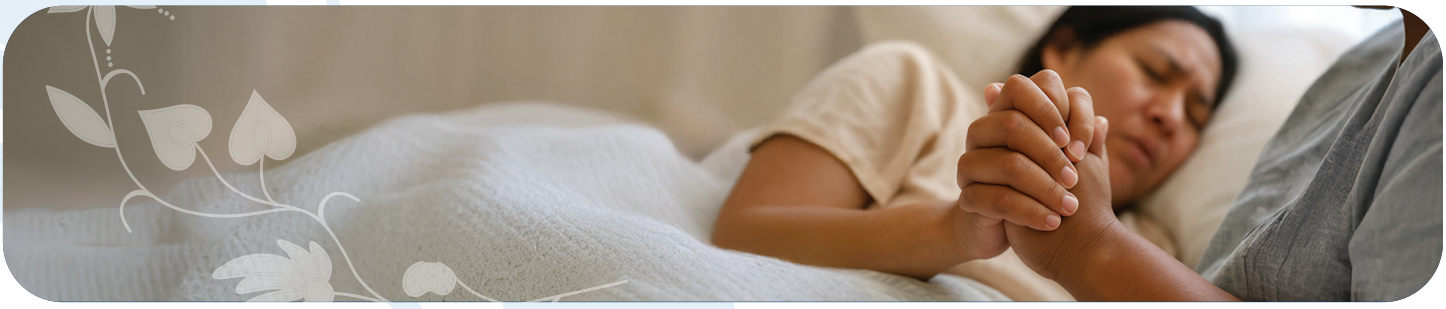
Y N Please Allow Me Freedom To Move.

Y N I'd Like To Eat If I Can.

Y N I Want Clear Explanations & To Give Consent Before Any Procedure, Including

Y N Sweeping My Membranes.

Y N Please Allow Me To Smudge.



Welcoming My Baby



Intention and Care

Birth is a sacred moment. It is a time when body, spirit, and new life come together.

This is not just a medical process. It is a meaningful and powerful moment. With your kindness and support, I trust this birth can be one of strength, connection, and peace. These are my hopes and goals for a healthy delivery, birth, and recovery:

Y N I Would Like To Push With The Natural Urge Of My Body.

Y N I Am Hoping For A Trial Of Labor (TOLAC) Vaginal Birth After Cesarean Section, If It Is Safe.

Y N I Hope To Stretch Naturally And Avoid Tearing.

Y N If An Episiotomy Becomes Necessary, Please Talk With Me First.

Y N If I Need A Cesarean Birth, I Ask For Steady Support & Clear Communication.

Y N Please Allow Me The Freedom To Move And Find Positions That Feel Right To Me.

Y N Allow Time For Delayed Cord Clamping And Cutting.

Y N I Would Like Early Skin-To-Skin Contact With My Baby.

Y N Students May Observe My Labor Process.

Y N I Would Like To Keep My Placenta, As It Is Part Of Me And My Baby.

Y N I Would Like The First Words My Baby Hears To Be In My Native Language.

I Would Like Them To Be Spoken From_____

Listening to My Body & Honoring My Voice

Pain Management

Each person's experience of pain is unique, shaped by the body, the spirit, past experiences, and the medicines we use. What works for me may not work for another, and I ask that you walk beside me with understanding and an open heart as we find the right path for me. Please take time to learn about any medications I am currently taking, as they may affect how my body responds to pain relief. In some cases, higher doses of medication, such as opioids, may be necessary to manage my pain safely and effectively. In other cases, I may wish to avoid opioids altogether. I ask for compassion as we work together to ease my pain in ways that feel right.



(Y) (N) I Would Like To Labor Naturally, With No Intervention For Pain.

(Y) (N) Would Like To Discuss The Option Of An Epidural.

(Y) (N) Please Offer Hot And Cold Packs.

(Y) (N) I Am Open To Pain Medications Which May Include Opioids.

(Y) (N) I Prefer To Avoid Opioids And Would Like To Use Ibuprofen Or Acetaminophen.

(Y) (N) I Would Also Like To Learn About And Explore Aromatherapy.

(Y) (N) I Would Also Like To Explore Breathing Techniques And Guided Relaxation.

(Y) (N) I Would Also Like To Learn About Using A Birth Ball For Movement And Comfort.

Couplet Care

Keeping Our Spirits Close

After birth, I want to stay close to my baby. This is a sacred time, a time for bonding, for learning each other's rhythms, and for love to take root.

Y N Please Care For Us Together As Much As Possible.

Y N If We Must Be Separated For Medical Reasons, I Ask That We Be Reunited As Soon As It Is Safe.

Y N Support Early And Ongoing Skin-To-Skin Contact.

Y N Please Delay The First Bath So We Can Hold On To The Natural Warmth And Scent Of Birth.

Y N Help Me Cope With The Complex Emotions That Can Arise After Birth.

Y N Welcome My Support Person Into This Space.

Y N Help Create A Quiet, Soothing Environment.

Y N Protect Our Sleep And Healing Time.



My Postpartum Pain Management & Planning

Walking the Healing Path Together

The days after birth are a time of significant change. My body is healing, my spirit is adjusting, and my heart is learning to hold new love. Pain may be part of this experience, but it does not need to be faced alone. With care, understanding, and respect, we can manage it in a way that supports my healing and protects my well-being. Yes or No, I would like someone to take time to talk with me about:

- (Y) (N) What Kind Of Pain Might I Expect, And What Are My Options?
- (Y) (N) Over-The-Counter Medications That Are Both Gentle And Effective.
- (Y) (N) How Are My Pain Management Needs The Same Or Different From Others?
- (Y) (N) When Opioids May Be Necessary And How They Can Be Used Safely.
- (Y) (N) How Can Belly Binders Or Traditional Wrapping Support Recovery?
- (Y) (N) My General Preference Is To Reduce The Risks That Can Come With Opioid Use.
- (Y) (N) Ways To Manage Discomfort Using Simple Tools Like Ice And Heat.
- (Y) (N) Follow-Up In My Local Community.
- (Y) (N) Follow-Up At My Delivering Facility.

I Also Have Questions About:_____

_____

_____

_____

_____

_____

_____



Feeding My Baby

A Sacred Beginning

Feeding my baby is more than a task. It is a ceremony of connection, love, and new life. Please walk with me in this moment and help us begin with health, gentleness, and respect for my choices and our cultural ways. Breastfeeding and chestfeeding are encouraged for babies, and I want to make informed choices that reflect both my values and my needs. I would like you to know:

Y N I Want To Breastfeed Or Chestfeed.

Y N I Want To Give My Baby My Colostrum.

Y N I Want To Give My Baby Human Milk Only.

Y N I Would Like Lactation Support To Help Me Feel Confident And Cared For.

Y N I Am Comfortable Using Formula If It Is Needed.

Y N I Would Be Grateful If My Baby Could Receive Donated Breast Milk.

Y N I Would Like To Pump And Would Appreciate Guidance.

Y N Please Let Me Know If My Baby Needs Extra Calories.

Y N I Am Open To The Use Of Glucose Gel If It Becomes Necessary.

Y N Receive A Prescription For Equipment To Help Me Recover And/Or Breastfeed.



Services and Support

Walking in Balance with My Community

Caring for a new life is a beautiful and sacred responsibility, but it can also be overwhelming without the proper support. I would like to learn more about the programs and services available in my community that can help me stay balanced in mind, body, and spirit. Knowing what is available helps me care for my baby and myself. These are some of the areas where I may need support:

Y N Nutrition And Feeding Guidance.

Y N Transportation Assistance For Medical Appointments Or Daily Needs.

Y N Early Childhood Development And Intervention Services.

Y N Child Care Support Or Assistance.

Y N Paid Family Leave Or Help Navigating Time Away From Work.

Y N Support For Postpartum Anxiety, Depression, Or Emotional Overwhelm.

Y N Access To Food And Nutrition Resources When I Am Experiencing Hunger.

Y N Help Finding Safe And Stable Housing.

Y N Reliable Transportation Options.

Y N Support Systems For Parenting And Community Connection.

Y N Help With Reading, Writing, Or Filling Out Important Paperwork.

Y N Guidance On Managing Bills, Debt, Or Financial Stress.

Y N Home Visiting Programs Like Family Spirit That Offer Care And Encouragement.