Ysrayl Family Birth Plan  
   
 **Mother-to-be:** Safiyyah Ysrayl **Partner:** Yahcanan Ysrayl  
 **Due Date:** 12/31/2007  
 **Practitioner:** Kay Johnson Place of Birth: North Fulton Hospital  
   
 We are attempting to have a natural birth, which we believe to be birthed without medical and/or chemical intervention. We do understand that there are procedures, which may be necessary. Except in the case of an extreme emergency, we ask that we be given the opportunity to accept or refuse any procedure. We also request that the least invasive or restricting versions of procedures (i.e. walking, external monitor) be used. Our first priority is to deliver a healthy baby. Our second priority is to have a natural, unmediated and unaltered delivery. Thank you.   
   
 **First Stage (Labor):**  
   
 \* Dim Lights.  
 \* Peace and Quiet.  
 \* Music of our choice.  
 \* Would prefer not to have students, residents etc.  
 \* Would prefer to keep vaginal exams to a minimum.  
 \* Maintain mobility (Walking, rocking, up to bathroom, etc.)  
 \* Eat and drink to comfort.  
 \* Clear fluids.  
 \* Ice chips.  
 \* Intermittent Monitoring (ACOG Standards) with a fetoscope.  
 \* Please do not offer me pain medications, I will ask for them if I want them.  
 \* Relaxation techniques (breathing, focusing, etc.).  
 \* Positioning as desired.  
 \* Water (Shower or Tub).  
 \* Heat or Cold packs.  
 \* Massage (back, foot, counter pressure, etc.).  
   
   
 **Induction:**  
   
\* I would prefer to use natural methods to start labor.  
   
 **Augmentation:**  
   
 \* I would prefer to try nipple stimulation and/or walking to speed labor.  
   
 **Second Stage (Birth):**  
   
 \* Choice of position  
 \* Spontaneous Bearing Down  
 \* Birth/Squat Bar  
 \* I would prefer to tear than have an episiotomy, but please use compresses, massage and positioning.  
   
 **Baby Care:**   
 \* Delay the cord cutting (until after the cord stops pulsating)  
 \* Prefer partner to cut the cord.  
 \* No vitamin K shot or eye medication  
 \* Breast-feeding only  
 \* No separation of Mother & Baby  
   
 **Circumcision:**  
   
 \* We would prefer our son to wait to be circumcised until the **eighth day** after he is born.  
 \* Parents present  
   
 In the event of a **Cesarean Birth:**   
 \* Spinal/epidural anesthesia  
 \* Partner present  
 \* Explain the surgery as it's happening  
 \* Free one hand to touch the baby  
 \* Partner to cut the cord  
 \* Breast feeding in recovery room  
   
 In the event of a **Sick Baby:**   
 \* Breast feeding as soon as possible  
 \* Unlimited visitation for parents  
 \* Handling the baby (Kangaroo care, holding, care of, etc.)  
 \* If the baby is transported to another facility, move us as soon as possible  
   
  
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> \* Compliments of Childbirth.org \*  
> \* http://www.childbirth.org/interactive/ibirthplan.html \*  
> \* mailto:info@childbirth.org \*