

UNC Women's Hospital
Baby's Birth Day Wishes

Turn over for "Guide to Completing Your Birth Day Wishes"

Birth Day wishes for _____

My primary caregiver is _____ My due date is _____

I expect my support people will be _____
(You may have up to 3 people)

- What are your hopes for this childbirth experience?
- Do you have any desires or concerns that you would like to share with us?
- What should we know about any past childbirth experiences?
- What is your greatest concern about labor and birth?
- How do you plan to deal with pain during labor and birth?
- What can we do to help you and your baby during your first days as a new mom?
- Is there anything else you would like to share with your care providers about who you are and what you need (family traditions, birth plan wishes, dietary, etc)?

Guide to Completing Your Birth Day Wishes Form

Introduction:

At North Carolina Women's Hospital, we are committed to supporting your personal approach to birth. Your birth plan will help you to convey your hopes for your childbirth experience to your healthcare providers so we can work together as a team to make your birth experience a positive one.

We ask that you recognize that a birth plan cannot be a guarantee. There are many unknowns in labor and birth, and sometimes changes in your birth plan may become necessary. Our primary goal is always the health and safety of both mom and baby.

How to fill out this form:

Give us as many details about yourself as you can. The more personal your responses are, the more helpful your Birth Day Wishes will be. Think about the things we should know about you and your family, and also things you would like from your UNC care team.

Feel free to take a copy of the completed form to a prenatal visit. Talk to your physician, nurse-midwife or nurse practitioner about what you have written. Bring it with you when you come to Labor & Delivery to show to your nurses and caregivers in the hospital.

Helpful Hints:

Most vaginal deliveries occur in our birthing rooms using the birthing beds. The beds are a special kind of hospital bed that can be put into various positions. The bottom part of the bed can come off to assist with delivery.

All birthing rooms have a CD/tape player/radio as well as their own temperature control. All rooms are private and have a sleep chair for your support person. Most bathrooms have showers, but a few do have tubs. Let us know if you prefer to have a room with a tub. You are welcome to bring whatever will make you comfortable to the hospital, such as your own clothes, pillows or music.

If you have a cesarean birth, it will take place in our operating rooms on Labor & Delivery. One support person is welcome to attend the birth. He or she will sit next to you behind a screen that blocks any view of the operation. After the delivery, he or she may hold the baby. If general anesthesia is used, your support person will be shown where to wait until the surgery is complete.

After either a vaginal delivery or cesarean section, as soon as you and your baby are stable, your nurse will help you with breastfeeding.

Thank you for taking the time to share your Birth Day wishes with us. We look forward to helping you give birth and taking care of your new baby.