

Annabelle and Riley's Birth Plan

Annabelle and Riley are respectfully aware the midwives and doctors at Royal North Shore Hospital are there to assist them with their desire for a natural birth. They have elected to have a doula for support.

Annabelle would like the use of water in labour with a view to consider birthing in water.
Annabelle will request analgesia if she desires.

Upon arrival at the hospital Annabelle requests as little intervention as possible to the natural birth process please. The couple would like their room kept quiet and dimly lit with music of their choice and aromatherapy all provided by their doula.

Should a CTG be medically indicated, the couple are requesting a waterproof monitor which allows mobilization please.

Once fully dilated and should all be well, Annabelle would like to avoid active pushing and instead follow her body's lead and breathe her baby down when involuntary urges to bear down commence.

Annabelle and Riley request a physiological third stage please but if this is not medically indicated, the couple would like delayed cord clamping thank you.

When baby is born and placed immediately on Annabelle's chest, the couple would like 1 hour of undisturbed skin to skin contact please so baby may self attach to breastfeed. They request all baby checks to be made after this time is complete.

Please keep the placenta for encapsulation purposes thank you.

Thank you kindly for your care and assistance with Annabelle and Riley's birth.



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