



Dr.GreenMom®
a doctor's vision, a mother's love

BIRTH PLAN CHECKLIST

DRGREENMOM.COM

Dr. Green Mom's Birth Plan Checklist

My Name: _____

Support Person/People Allowed in the Room: _____

My Expected Due Date: _____

My Midwife/OBGYN name: _____

Where I will give birth: _____

My emergency contact: _____

My closest hospital: _____

1. Birth Plan Discussions

- ☐ My partner and I are on the same page with our birth plan.
- ☐ I have discussed my birth plan with my health care provider.
- ☐ I have made 10 copies of my birth plan to distribute to all staff members that may be present at my birth. Even if I plan to give birth at home, I recognize I could end up in a hospital and the hospital staff will need to be alerted to my wishes.
- ☐ My provider knows that either my partner or I will be present for all procedures done on my baby.

2. Hospital or Birth Center Bag

- ☐ Even if I am opting for a home birth, I recognize that a hospital transfer may be medically necessary.
- ☐ My bag is packed:

For Mom

- ☐ Comfortable clothes
 - ☐ Loose nightgown

Notes

- ☐ Robe
- ☐ Cozy outfit for going home
- ☐ Slippers or cozy socks
- ☐ Hair ties/headband
- ☐ Nursing essentials
 - ☐ Nursing bras
 - ☐ Pads
 - ☐ Comfy tops
- ☐ Toiletries (toothbrush, hairbrush, lip balm, deodorant)
- ☐ Postpartum care items
 - ☐ Perineal pads
 - ☐ Comfortable underwear
 - ☐ Nipple cream
 - ☐ Perineal wash bottle
- ☐ Your birth plan (5 copies) and any additional medical documents and ID
- ☐ Phone + charger
- ☐ Healthy snacks & water bottle

For Baby

- ☐ Comfortable outfit for going home
 - ☐ Onesie
 - ☐ Hat
 - ☐ Socks
 - ☐ Gloves in case baby has sharp nails
- ☐ Blanket for the trip home
- ☐ Swaddle or sleep sack (optional)
- ☐ Preferred diapers and wipes
- ☐ Car seat (already installed & checked)

For Partner/Support Person

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Healthy snacks & water
- ☐ Phone + charger

Notes

- ☐ Essential documents (insurance, birth plan)

Extras (Optional)

- ☐ Pillow or blanket from home for extra comfort
- ☐ Eye mask or ear plugs
- ☐ Entertainment (book, tablet)
- ☐ Baby book for footprints

3. Labor Preferences (check all that apply)

- ☐ I prefer a single occupancy room or shared if giving birth in a medical setting.
- ☐ I prefer to be mobile.
- ☐ I prefer intermittent monitoring.
- ☐ I would like food/drink during labor.
- ☐ I would like the use of water during labor (birth tub, shower).
- ☐ I prefer support people present during labor.
- ☐ I prefer dim lights, minimal interruptions, quiet music, etc.
- ☐ Photos and videos are permitted if allowed.

4. Comfort & Pain Relief (check all that apply)

- ☐ Breathing techniques
- ☐ Massage
- ☐ Position changes
- ☐ Counterpressure from partner
- ☐ Birth ball
- ☐ Hydrotherapy (bath or shower)
- ☐ TENS unit
- ☐ IV medications
- ☐ Nitrous oxide
- ☐ Epidural
- ☐ Prefer no pain medication unless requested

5. Delivery Preferences (check all that apply)

- ☐ C-Section
- ☐ Vaginal delivery
 - ☐ Vaginal delivery position preferences (side-lying, squatting, etc.).

Notes

- ☐ Episiotomy: avoid unless medically necessary.
- ☐ Avoid forceps/vacuum unless medically necessary and discussed with me first.
- ☐ No coached pushing unless requested.
- ☐ Request perineal support over cutting.
- ☐ Use of mirror or touch baby's head if desired.
- ☐ Avoid suction unless medically necessary and discussed with me first.
- ☐ I want to save the placenta.
- ☐ I want my partner to cut the cord.

6. C-section Preferences (if needed)

- ☐ I understand that a C-section may be medically necessary, even if vaginal is planned.
- ☐ Gentle/family-centered C-section if non-emergent.
- ☐ Clear drape or option to see baby.
- ☐ Immediate skin-to-skin or partner holding baby.
- ☐ Breastfeeding in operating room, if possible.
- ☐ Delay newborn procedures so I can have time with my baby.
- ☐ I understand that I can request delayed cord clamping and/or cord milking.

7. Delayed Cord Clamping

- ☐ Request delayed cord clamping (1–5 minutes or until pulsing stops).
- ☐ Discuss with provider in advance, especially for C-section or multiples.
- ☐ Ask about cord milking if delay not possible.
- ☐ Consider timing of clamping if planning cord blood banking.

8. Vitamin K1 Prophylaxis

- ☐ I will be administering Vitamin K1 to my baby.
- ☐ If I opt for the injection, I am requesting the preservative-free Vitamin K1 injection (no benzyl alcohol).
- ☐ I understand the risks of Vitamin K Deficiency Bleeding if I decline.
- ☐ Decide between vitamin K1 injection and oral drops.
- ☐ If doing oral drops, I have purchased my product and I understand the dosing schedule.
- ☐ If using oral drops, I have set up a reminder system for myself so that I do not miss a dose.

Notes

9. Antibiotic Eye Ointment (Erythromycin)

- ☐ Decide whether to accept or decline.
- ☐ Ensure sexually transmitted infection (STI) screening is up to date if declining.
- ☐ Understand potential side effects (blurred vision, microbiome disruption).

10. Infant Heel Stick (Newborn Blood Spot Test)

- ☐ Confirm which conditions your state screens for.
- ☐ If I am aware of any familial genetic predispositions not covered by standard screening, I will ask for an expanded panel (e.g., Perkin Elmer).
- ☐ Inquire about long-term blood spot storage and privacy rights.
- ☐ Stay with baby during testing.
- ☐ Ask if heating pads are available to encourage blood flow.
- ☐ I would like to be feeding my baby as the heel stick happens to keep my baby calm.

11. Hepatitis B Vaccine at Birth

- ☐ I know my, my partner's, and any caregivers' hepatitis B status.
- ☐ Decide whether to give at birth, delay, or decline.
- ☐ Understand transmission risk factors and vaccine ingredients.

12. Skin-to-Skin Contact

- ☐ Request immediate skin-to-skin after birth (including C-section).
- ☐ Ask for uninterrupted golden hour before tests/interventions to bond with baby.
- ☐ I understand that non-emergency procedures can be delayed until I feel ready.
- ☐ Include partner in skin-to-skin if desired.
- ☐ Plan ongoing skin-to-skin care at home.

13. Never Leave Baby Alone

- ☐ Assign a parent or support person to always accompany baby.
- ☐ I understand the list of procedures that should not happen without a parent present:
 - Bath

Notes

- Antibiotic eye ointment
- Vaccinations
- Hearing test
- Heel stick
- Transfers to nursery/NICU

14. Baby's First Bath & Vernix (check all that apply)

- ☐ Request delayed first bath (WHO recommends 24+ hours).
- ☐ If bathing in the hospital, I have my own fragrance-free products.
- ☐ I plan to preserve the vernix on baby's skin as long as possible.
- ☐ I plan to bathe baby at home when ready.

15. Infant Hearing Test

- ☐ Decide whether to accept, delay, or decline.
- ☐ If I decline, I understand the risks.
- ☐ Stay with baby during the test.
- ☐ Understand how the test works (OAE and ABR).
- ☐ Ask about EMF levels if concerned.

16. Optional Additions (check all that apply)

- ☐ If giving birth at home, I know my nearest hospital.
- ☐ I have researched lactation consultants and know who I would like to consult with if I need help.
- ☐ If opting for a circumcision, I have a qualified surgeon to perform the operation.
- ☐ If opting for a circumcision, I understand the pain management medications for my baby.
- ☐ If cord banking, I have researched and selected my company.
- ☐ If choosing circumcision, I understand it will ultimately be the decision of the provider performing the procedure if vitamin K1 at birth is necessary, whether oral or injection.
- ☐ NICU transfer preferences if unexpected medical needs arise.
- ☐ Use of formula only with parental approval.

Notes

Coming soon: Dr. Green Mom Med Courses Presents: Pregnancy and Birth Guide



You're pregnant! What comes next?

At Dr. Green Mom, we've supported thousands of new parents through the early stages of parenthood. We know how overwhelming it can feel to navigate the many decisions surrounding pregnancy and birth. Our Pregnancy and Birth Guide is designed to bring you clarity and confidence—so you can focus on what matters most.

Includes:

- ✓ Evidence based guidance on pregnancy nutrition, supplements, & safe remedies
- ✓ Insights on common pregnancy symptoms (from morning sickness, to fatigue & more!)
- ✓ A breakdown of important screenings, tests, and shots (including tips on talking to your provider)
- ✓ Holistic options for comfort & pain relief
- ... and so much more!

Keep an eye on your inbox—our Pregnancy and Birth Guide is launching soon!

Learn more about birth planning with Dr. Mayer. Check out our podcast, Dr. Green Mom® Unfiltered #6 — Plan Smart, Birth Confident: Know Your Options.

