

## Sample Birth Plan for My/Our Baby

- Routine bulb suctioning is acceptable but I'd prefer to avoid it unless it's necessary
- **Absolutely NO routine deep suctioning of baby's airways if the baby is able to cry**
- NO separation or interruption during the "golden hour" for weighing or other non-essentials
- I want the baby to have as much skin-to-skin contact as possible for the first 18 hours, with me or my partner
- I will waive the erythromycin in my baby's eyes **OR** I prefer that you wait until after baby's first breastfeeding session
- Please give the baby the Vitamin K injection when they are breastfeeding on my left breast **OR** I will waive the Vitamin K injection
- I will be encapsulating the placenta or taking it home. No Formalin, please!