

## Sample Birth Plan for My/Our Baby

- Routine bulb suctioning is acceptable but I'd prefer to avoid it unless it's medically necessary.
- Absolutely NO routine deep suctioning of baby's airways if the baby is able to cry.
- I prefer uninterrupted skin-to-skin contact with my baby during the "golden hour" before any weighing or non-essential procedures.
- 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.