



My Maven Birth Plan

[For Vaginal Birth]

There are certain things in life that you don't want to leave to chance—and labor is certainly one of them. Having a plan in place will help you prepare for the birth of your baby and going through this document will help you make decisions important to you and your delivery team. Note: hospital rules and regulations vary. We strongly recommend checking with your care provider in advance to make sure they can accommodate your plan.

My full name: _____

My due date/induction date: _____

My provider's name/practice name: _____

Birth Plan To-Do List:

Take a tour

Before your due date, consider taking a tour of your hospital's labor and delivery ward, as well as the postpartum area. This helps some moms prepare mentally for the big day. It's also a chance to share your birth plan and make sure it complies with your hospital's rules and regulations. While you're there, make sure to ask about the typical length of hospital stays for new moms (2-4 days is considered average). Many insurance plans cover a 2 day hospital stay for a vaginal delivery and 4 days for a C-section. Hospitals vary in terms of their rules (for example, some hospitals won't let you be induced until 7 days after due date).

Consider cord blood

What is it?

After the baby is born, a medical professional can extract blood from the umbilical cord. This blood contains valuable stem cells that may be able to help treat diseases such as leukemia and sickle-cell anemia. If you want to store your baby's cord blood, you need to order a kit before you go to the hospital.

Your storage options: public vs. private

There are two types of cord blood companies: public and private. Private companies collect and store cord blood for families in case the baby or another family member needs a stem cell transplant in the future. Two commonly used private services are ViaCord (viacord.com) and CBR (cordblood.com). Potential costs include: initial collecting and processing (\$1,300 - \$3,000) and an annual storage fee (\$90-\$175 per year).

Public cord blood banking works differently. The cord blood isn't just for your child or family; it's stored and made available for any patient with a stem-cell treatable disease (much like traditional blood donation). The collection and storage of cord blood are free.

Know your doctor's C-section rate

If there's one thing to research in advance, it's the rate of cesarean section (C-section) for your doctor, practice, and hospital. Different doctors can have wildly different C-section rates. Knowing this will help you make an informed decision if a C-section is recommended.

Why might a C-section be recommended?

The U.S. is notorious for having one of the highest C-section rates in the developed world. Meanwhile, the American Congress of Obstetricians and Gynecologists (ACOG) has said that C-sections aren't ideal for the health of the mother or baby. That being said, there are times when a C-section is medically necessary.

Possible reasons for an emergency C-section:

- Fetal distress (suggested by a very rapid or very slow heart rate)
- Placenta abruptio (when the placenta separates too early from the wall of the uterus)
- Umbilical cord problems that decrease or cut off fetal blood supply
- Difficult, slow labor
- Labor that has stopped completely
- Cephalopelvic disproportion (when the fetus has a large head and the mother has a narrow pelvic structure)

Get a digital doula

Wouldn't it be nice to have a Maven practitioner on call during your delivery? Our digital doulas are available for advice, coaching, and a second opinion. Simply open the Maven app and contact your care coordinator to reserve a doula today.

My Birth Preferences

When preparing for your birth, ask yourself the following:

1. When you envision your birth, what does it look like?
2. Are there specific things you want to happen?
3. Is there anything that you don't want to happen?

Part 1: Labor

A review of your labor options and/or considerations for a vaginal delivery

If I need to be induced, my preferences would include:

- ☐ Medications such as Pitocin, prostaglandin gel, or Cytotec
- ☐ Natural methods such as walking, nipple stimulation, castor oil, or herbs

During labor, I'd like:

- ☐ To freely walk around
- ☐ To push in positions other than lying down on the bed
- ☐ For the hospital staff to help me with pushing techniques
- ☐ To have massage/acupressure
- ☐ To view the birth using a mirror
- ☐ To touch my baby's head as it crowns
- ☐ To have someone film and/or take pictures

To use the following natural labor techniques (select all that apply):

- ☐ Self-hypnosis
- ☐ Bradley Method
- ☐ Lamaze
- ☐ Water delivery
- ☐ Other: _____

I'd like fetal monitoring to be:

- ☐ Continuous
- ☐ Intermittent or minimal

I'd like an episiotomy (a surgical cut to the area between the vagina and the anus made just before delivery to enlarge your vaginal opening):

- ☐ Not performed
- ☐ Performed
- ☐ Used only after perineal massage, warm compresses, and positioning

Delivery Room environment preferences:

- ☐ I will bring my own music to play during labor and delivery
- ☐ I am interested to receive playlist suggestions from Maven
- ☐ Dim lighting
- ☐ Birthing ball

- ☐ Minimal sound
- ☐ Blankets and/or photos from home
- ☐ Aromatherapy scents that I will provide
- ☐ Other: _____

To help me manage labor discomfort, I'd like:

- ☐ Natural methods (bath or shower, breathing techniques, massage)
- ☐ Opioids (such as morphine)
- ☐ Regional analgesia (an epidural and/or spinal block)
- ☐ Please don't offer me pain medicine, I'll request it if I need it

I'd like the following people present in the delivery room:

- ☐ Partner
- ☐ Parents
- ☐ Doula
- ☐ Friend
- ☐ Other family members

If an emergency C-section is recommended:

- ☐ I'd like a second opinion
- ☐ I'd like a moment alone or with my partner, friends, or family to process before having the C-section
- ☐ I'd like to have the following person present for the procedure: _____
- ☐ I'd like to have a sheer screen to watch, if possible
- ☐ I'd like to have it explained as it happens
- ☐ I'd like to stay conscious
- ☐ I'd like my hands free so I can touch the baby
- ☐ I'd like to have music playing

Part 2: After Delivery

Your preferences for care after the baby is born

My umbilical cord:

- ☐ Have my partner or _____ cut the cord
- ☐ Delay clamping and cutting of the cord (after it stops pulsating)
- ☐ Send the cord blood to the cord blood bank (Company name _____)

My placenta:

- ☐ I would like the hospital to take it
- ☐ I would like to take it home (note, there may action steps taken by the hospital for the release of your placenta)

☐ I want the placenta collected by banking

☐ Other special instructions:

If my baby is a boy:

☐ I want my baby circumcised prior to leaving the hospital

☐ I do not want my baby circumcised prior to leaving the hospital

If baby is required to go into the neonatal intensive care unit, I want my partner to:

☐ Stay with me during recovery

☐ Be with baby

I want to hold my baby for the first time:

☐ Right away after delivery (skin to skin)

☐ After being wiped clean

☐ After weighing and initially cleaning my baby

☐ After my baby is cared for in the well baby nursery

☐ Other: _____

I want to feed my baby with:

☐ Breast milk

☐ Formula

☐ Both

I want to start breastfeeding:

- ☐ As soon as possible after delivery
- ☐ After discussing with lactation consultant
- ☐ When I feel comfortable
- ☐ Other: _____

Bottle and pacifier preferences:

- ☐ Please consult me before my baby is offered a bottle or a pacifier
- ☐ Provide my baby with a bottle
- ☐ Provide my baby with a pacifier

Other Notes

My Hospital Packing List

We asked Maven users who are new moms for their top ten must-haves for the big day.

1. Toiletries: shampoo, conditioner, lip balm, moisturizer
2. Hair ties
3. Makeup
4. Phone charger
5. Snacks (you might want to eat something after delivery)
6. Extra underwear and extra-absorbent pads
7. Nursing bra
8. Pajamas
9. Warm socks (with grippers to prevent slipping on hospital floors)
10. Mom's and baby's clothes for leaving the hospital

Additional items:

