

Birth Plan of Scott and Mary Cutler

Hello, welcome to our birthing! We plan on moving about in our room and down the halls, eating and drinking lightly, using aromatherapy and using Lamaze's Six Healthy Birth Practices (based on WHO's current recommendations) to promote a healthy birthing. We would love nurses who support our goals and desires!

If complications arise, we ask that you keep in mind that we plan on having many more children (3 or more). We will accept diversions from the below plan, if our birthing takes on an unnatural course, but otherwise we will be trying to follow Lamaze's and the World Health Organization's general recommendations for birthing. Thank you!

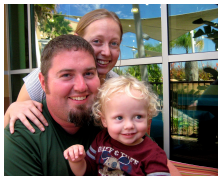
Birthing Requests

During Labor

- Pain meds by request only
- Hep-lock requested, inserted with vein finder
- Intermittent monitoring (20 min of the hour only please)
- Assistance in getting in birth-promoting positions when being tied to monitor
- Limited vaginal exams after water breaks
- Minimizing routine visits to promote privacy
- Assistance and female support (no males please) for natural labor and birthing
- Being permitted to labor on the toilet during active labor and especially, transition (this is where I will be)

During/After Delivery

- Warm/damp washcloths on perineum
- Un-coached pushing in position/place of choice
- Tell mother when baby is almost crowning
- Delayed cord clamping/cutting (until cord stops pulsating)
- Baby-to-chest immediately with baby checkup done on mother's chest
- Please be *gentle* when using Controlled Cord Traction (*A natural 3rd Stage Labor is preferred*)
- Essential oils to be rubbed on wife by husband
- Leaving vernix on Emilie (*on her hands at the very least*)
- Please leave *Placenta intact* and give to Mary's mother or husband (for encapsulation services)



About us: Scott and Mary met at Institute and got acquainted during a church trip to the General Conference, where on the trip up, Mary got into Scott's car thinking it was her friends! A week after the trip they had their first date, and Mary accidentally leaving her scarf in Scott's car, led many more to follow! The two were married September 23rd, 2011 in the San Diego temple (the white castle on the I-5). They now have a beautiful 2 yr old boy named George, and their

baby girl being born today. Her name will be... *Emilie*!

Approved by (Dr. McNally) _____