



I'm not robot



Open

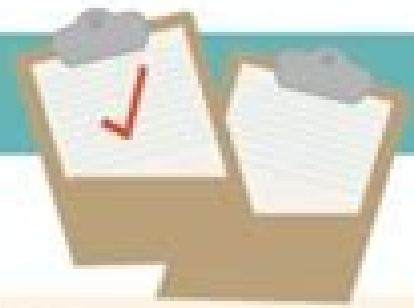


DAILY PLAN WITH MEAL SECTION



the bump
from the knot.

birth plan



I would like baby's medical exam & procedures:

- Given in my presence
- Given only after we've bonded
- Given in my partner's presence
- To include a heel stick for screening tests beyond the PKU
- To include a hearing screening test
- To include a hepatitis B vaccine

Please don't give baby:

- Vitamin K
- Antibiotic eye treatment
- Sugar water
- Formula
- A pacifier

I'd like baby's first bath given:

- In my presence
- In my partner's presence
- By me
- By my partner

I'd like to feed baby:

- Only with breastmilk.
- Only with formula
- On demand
- On schedule
- With the help of a lactation specialist

I'd like baby to stay in my room:

- All the time
- During the day
- Only when I'm awake
- Only for feeding
- Only when I request

I'd like my partner:

- To have unlimited visiting
- To sleep in my room

If we have a boy, a circumcision should:

- Be performed
- Not be performed
- Be performed later
- Be performed with anesthesia
- Be performed in the presence of me AND/OR my partner.

My Birth Plan

The Spectrum Health Family Birthplace looks forward to sharing in your baby's birth. To help us understand your wishes regarding your labor and delivery, please answer the questions below.

The safety and well-being of you and your baby is our top priority. Keeping this goal in mind, even if unexpected events arise, we will try to meet as many of your wishes as possible. Share this plan with your health care providers so they are aware of your preferences and can answer any of your questions. Bring a copy to the hospital when you come in for your baby's birth.

Name: _____ Labor

Your date of birth: _____ In labor, I would like to:

Due date: _____ move around and change positions throughout labor.

Your health care provider: _____ use a shower and/or a Jacuzzi tub if possible

Partner's name: _____ have a birthing ball available

Baby's health care provider: _____ have a rocking chair available

Childbirth education classes taken through: have a squatting bar available

Spectrum Health Healthier Communities drink fluids during labor

Lamaze play my own music during labor

Bradley keep the room as quiet as possible

None dim the lights in the room.

be informed of all procedures and have time to discuss my choices in private, when possible

other: _____

At the Family Birthplace, up to five people can be with you in the labor and delivery area. Please write down those who you would like to be with you in labor.

1. _____ Fetal Monitoring

2. _____ I would prefer occasional, instead of continuous monitoring of my baby's heart rate, if the baby's condition allows.

I would like to walk around during labor while the monitor is on my baby.

Other: _____

My birth plan

Name: Due date:

Where to give birth
You will have a choice about where to have your baby. Your midwife or doctor will be able to tell you what options are available locally and advise you on any issues to do with your health or pregnancy that may affect your choice.

I would like to give birth at home

I would like to give birth in a maternity unit

I would like to give birth in a maternity team unit in hospital

I am not sure yet where I would like to give birth

My comments on where I would like to give birth and why:
Please write in the box below.

Companions
Having a companion you can lean on and who can support you during your labour can be helpful. Some have chosen to reduce the need for pain relief.

I would like my partner or companion(s) to be with me during labour.

I would not like my partner or companion(s) to be with me during labour.

I am not sure yet whether I would like my partner or companion(s) to be with me during labour.

1 of 1



Simple one page birth plan template.

2022 calendar single page essentials are: It helps to consolidate the information. Create a routine. Clear the clutter. Group similar activities in blocks. Optimize tie or various meetings. Eliminate back-to-back appointments. Christmas Day [obs.] - December 26th Many Orthodox Christians annually celebrate Christmas Day to remember Jesus Christ's birth, described in the Christian Bible This is a day for feasting and enjoying the company of friends and family members. Every time you tear a leaf off a 2022 calendar printable one page, you present a new place for new ideas and progress. It took winning the Revolutionary War from British rule to assure the existence and freedom of our new fledgling country of the people, by the people, and for the people. Veterans Day - November 11th Veterans Day honors all members of the Armed Forces who served this country valiantly. Relevant insights - A detailed briefing on holiday location and destinations can be planned via modern calendars. All we have to decide is what to do with the time that is given to us. "Scheduling your time is one of those boring chores that yields exciting results." However, if you don't schedule your time effectively, your mind will be scattered all over the place. At no other time are we more generous and giving. It will show all our yearly holidays to be managed in a list. His birthday became a National Holiday by an act of Congress in 1983. It creates within us, a sense of kindness and concern for fellow man. Here are the benefits of a 2022 calendar one page with holidays: Time-saving features - Enhanced aggregation pulls all of your holidays into a single interface and gives you control over which you aggregate. And once the sand has been washed from the toes, holidays can leave us with a suitcase of life-long happy memories. New Year's Day - January 1st New Year's Eve is when all the fun and festivities are. Smarter design - By using beautiful colors you can get to know as per seasons which location is to plan. This habit will help you stay cool, calm and collected, and is, in my opinion, the first step to organizational bliss. With the advent of technology, calendars got a makeover from walls to modern portable gadgets like laptops computers, and smartphones. Labor Day - September 5th "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. Columbus Day - October 10th We have been celebrating Columbus Day since 1792. Labor Day is a national holiday, created to honor U.S. workers and their contribution to the economy. Many consider it a day to serve your community. Christmas Day - December 25th Christmas, the biggest holiday of the year. We often think of two great presidents George Washington and Abraham Lincoln when we celebrate this holiday, as it falls by design between their birthdays. Holidays are a lifeline to sanity, a chance to step away from everyday life and reconnect with the people we love; a time to relax, to be the real us, or indeed to be whoever we want to be. Martin Luther King Day - January 17th Martin Luther King Jr was born on January 15, 1929, he grew to become one of the greatest Social Activists the world has ever known. There are eleven annual U.S. federal holidays on the calendar designated by the United States Congress. Color code your Holidays with 2022 calendar one page with holidays. Using a calendar one page will help you prioritize and plan the important aspects of your life letting you make time for what is important to you and allowing you to live life to the fullest. Independence Day - July 4th United States of America Independence was declared on this day. That's because having a schedule will keep focused, organized, and productive. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War soldiers. Memorial Day - May-30th Memorial Day was originally known as Decoration Day. Streamlined actions - We have to decide for which holiday is to take planned leave. 2022 calendar printable one page are great planning tools to keep track on: Appointments - work, medical, family, etc. Meetings - personal and work. Major Reminders - important payments, renewals, birthdays, anniversaries, days of significance. It helps to prevent information overload-getting items from your head and onto your calendar also makes it easier to prioritize. President's Day - February 21st President's Day is a day set aside to honor all of the U.S. presidents. We see out the old year and ring in the new. It creates a sense of family and belonging. They served and fought to protect us, to keep our country safe, and to preserve our way of life. It is a time to relax and enjoy the start of a bright and promising new year, a new beginning. Columbus did discover the existence of the New World for Europeans who until then, believed the world was flat and ended somewhere in the Atlantic. Veterans gave their time and risked their lives for you and me Thanksgiving Day - November - 24th Thanksgiving is a very important holiday, especially in the busy lives of Americans. When you keep two tasks or activities in your head, your brain gives them equal value. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a huge feast. 2022 Calendar Printable One Page with Notes Generally, holidays are intended to allow individuals to celebrate or commemorate an event or tradition of cultural or religious significance.

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