

:: BIRTH PLAN ::

Mother: Margaret Sanford (DOB 4/15/1987)

Father: Luke Sanford

Doula: Candice Campbell

Doctor: Christopher Stroud

I have no known allergies

I am not on any type of medication—prenatal vitamins only

Thank you so much for your help and support during the birth of our son Cliff! I am hoping to achieve an unmedicated labor and delivery. I am strongly hoping to avoid interventions unless a medical emergency arises. Thank you for not offering me pain medication and, instead, offering alternative pain management techniques such as movement, trying different positions, using water, etc.

Post delivery:

We would like to forego eye ointment and delay all other newborn procedures until we have had time to bond and breastfeed. When bathing him please use water only or product that I have brought along. He will be circumcised at the Fertility & Midwifery Care Center.