

# WATER BIRTH PLAN

Name: \_\_\_\_\_  
Due Date: \_\_\_\_\_

## SUPPORT PEOPLE:

- Partner
- Doula
- Family member(s)
- Friends
- Other:

## DURING LABOR I'D LIKE...

- As few interruptions as possible
- As few vaginal exams as possible
- To stay hydrated with clear liquids & ice chips
- Specific interventions only:

## IN CASE OF TRANSFER TO BED:

- Preferred positions
- Pain management preferences
- Other:

## FEEDING PREFERENCES:

- Breastfeeding
- Formula feeding
- Combination

## CONTACT INFORMATION:

Healthcare Provider:

Other:

## ENVIRONMENT:

- Quiet
- Music/radio playing in the background
- Dim lighting
- Other:

## WATER TEMPERATURE:

- Warm (specify preferred temperature if known)
- Moderate

## ENTERING THE WATER:

- Early labor
- Active labor
- Just before delivery

## BIRTH POSITION IN WATER:

- Squatting
- Sitting
- Hands and knees
- Floating
- Other:

## DELIVERY:

- Entire delivery in water
- Exit water for delivery

## UMBILICAL CORD:

- Cut by partner
- Delayed clamping
- Donate cord blood

## IMMEDIATE POSTPARTUM:

- Skin-to-skin contact in water
- Breastfeed immediately in/out of water
- Delay routine procedures

## NEWBORN PROCEDURES:

- Vitamin K
- Eye ointment
- Hepatitis B vaccine
- First bath
- Other:

## ADDITIONAL NOTES:

# WATER BIRTH AFFIRMATIONS

1. "The water soothes and strengthens me as I bring my baby into the world."
2. "Like the gentle flow of a river, I move with my body's rhythms."
3. "I am buoyed by the water's calm and nurturing embrace."
4. "Each ripple in the water reflects the progress I am making."
5. "I am fluid and flexible, adapting to each wave of birth."
6. "The tranquility of water surrounds me with peace."
7. "In the water, I find my natural rhythm for birthing."
8. "Like the ocean cradles the earth, the water cradles me and my baby."
9. "I am immersed in the strength and serenity of water."
10. "With each ebb and flow, I am closer to meeting my baby."
11. "The water's warmth envelops me, easing my body's work."
12. "I am in harmony with the gentle power of water."
13. "Water brings life; I bring my child into life with its help."
14. "My breath synchronizes with the calming flow of water."
15. "In this pool, I find the courage of the tides."
16. "The purity of water reflects the clarity of my purpose."
17. "I am as resilient and adaptable as water."
18. "Water's fluidity mirrors my body's capability to birth."
19. "With each wave, I am empowered and renewed."
20. "In the water, I connect deeply with my baby."
21. "The water's embrace guides me through each contraction."
22. "I ride the waves of labor with grace and strength."
23. "I am supported and uplifted by the nurturing waters."
24. "My birthing pool is a sanctuary of calm and focus."
25. "Just like water, I embrace the changes with ease and grace."
26. "The gentle sounds of water provide a rhythm to my labor."
27. "In this water, I find the depths of my maternal strength."
28. "The flow of water reminds me of the flow of life."
29. "I am at peace, floating in the embrace of water."
30. "As water nurtures life, I nurture my child into being."

