

Birth Plan of Mengyue (Rachel) Zhang

We are very excited about giving birth to our baby naturally! We chose Mt Auburn midwifery because we've heard how supportive and caring the staff are! Thank you for sharing this memorable day with us!

We'd love to do water birth in RM 5 if possible 😊

Stage	Preference
<p>Labor</p>	<ul style="list-style-type: none"> ✓ Water birth, Room 5 ✓ Intermittent, wireless monitor ✓ Dim light, Music, Soft spoken voice ✓ Hep-Lock IV for Group B Strap
	<ul style="list-style-type: none"> ✗ No pain meds ✗ No amniotomy ✗ Minimized cervical checks ✗ Minimized staff in-out
<p>Delivery</p>	<ul style="list-style-type: none"> ✓ Wait till undeniable pushing ✓ Freedom of pushing position ✓ Immediate breastfeeding, skin to skin ✓ Dad's cord cutting after full transfusion
	<ul style="list-style-type: none"> ✗ No episiotomy ✗ No instrumental delivery ✗ No Pitocin
<p>Postpartum</p>	<ul style="list-style-type: none"> ✓ Rub in vernix (no bathing) ✓ Room in ✓ Breastfeeding
<p>Newborn</p>	<ul style="list-style-type: none"> ✓ Nurse/doula taking photos ✓ Vitamin K
	<ul style="list-style-type: none"> ✗ No eye ointment ✗ No Hep B vaccine