

Your Home Birth Plan Checklist

Mother's Name:	
Father's Name:	
Expected Due Date:	
Midwife Name, Phone and Email:	
Doula Name, Phone and Email:	
Birthing Coach Name, Phone and Email:	
Baby's Name:	
The Birthing Environment	
Lighting:	
Music:	
Essential Oils:	
Candles:	
Bedding (Pillows, Blankets):	
Room Temperature:	
Who Can Be in the Room:	
Who Should Not Be in the Room:	
Can Photos be Taken?	

By Whom and of What Parts of the Birth?	
Can Video Be Taken?	
By Whom and of What Parts of the Birth?	
Where Should My Children Be/Who Will Supervise:	
Where Should My Pets Be/Who Will Supervise:	
Additional Requests:	
Nourishment	
Water:	
Beverages:	
Ice Chips:	
Fruit:	
Broth:	
Additional Food & Beverage Requests:	
Pain Management	
Provide Medication Under What Circumstances:	
Which Medications:	

Additional Pain Management Requests	
Birthing Method	
Describe the Method of Birth:	
After Birth Instructions	
Baby Vernix:	
Skin-to-Skin:	
Breastfeeding or Formula:	
Umbilical Cord:	
Placenta:	
Additional Requests for the Baby After Birth:	

Birthing Supply Checklist

Heating pad

Ice pack

Towels

Thermometer

Pillows

Blankets for mother

Blankets for baby

Isopropyl alcohol

Cotton balls

Ice

Ice chips

Mixing bowls

Flashlight

Batteries

Rebozo

Birthing pool

Birthing chair

Birthing ball

Candles

Essential oils

Trash bags

Mattress covering (plastic drop cloth or shower curtain liner)

Container for placenta

Bucket

Cleaning rags

Disinfecting cleaner

Clothing for baby (hat, socks, onesie)

Diapers

Clothing for mother prior/during birth

Change of clothing for mother after birth

Sanitary napkins

OTC medications:

Prescription medications:

Emergency Plan

Medical Information	
Name of Obstetrician:	
Phone Number:	
Emergency Number:	
Hospital Name:	
Hospital Phone Number:	
Hospital Address:	
Current Prescription Drugs and Dosage:	
Current Over the Counter Drugs and Dosage:	
Any Allergies:	
In Case of Emergency:	
After Birth Instructions in an Emergency	
Baby Medical Procedures, Including Circumcision:	
Additional Requests:	