

Ashley & Daniel Zamora
EDD: 5/10/17
G2/P1
Gender: BABY GIRL
Lonestar Midwives
St Luke's Baptist
GBS +
Allergies:NKA
Pediatrician:Dr. Leiloglou

Thank you for being part of our very special day as we welcome our baby into the world. We are very excited and grateful for your help in maintaining a calm and peaceful birth environment. We have prepared for a non-medicated birth, so please do not offer me any pain medication. I know that it is available to me but prefer to ask for it myself. Here are a few of our other preferences:

LABOR:

- Saline lock
- Intermittent Fetal Monitoring
- Eat and drink as needed during labor
- Prefer that my amniotic sac ruptures naturally
- Minimal vaginal checks
- Allow for my body to progress naturally without augmentation
- Change positions for pushing
- Mirror available
- Squat bar available

BIRTH:

- Immediate skin to skin (if mom is unable then Dad)
- Clamp cord once it stops pulsating
- Dad to cut the cord
- Breastfeed as soon as possible
- Please honor the golden hour

POSTPARTUM:

- I hope to be exclusively breastfeeding, so please no pacifiers or formula unless we request it
- I would like to see the Lactation Consultant as soon as possible
- Please delay the first bath for 24 hours
- We will be discussing all vaccination options with our pediatrician. No shots while at the hospital.