

## Birth and Immediately Postpartum

In addition to my birth plan, I have a few other considerations that I would appreciate during and following birth:

- I want to birth vaginally and would appreciate help positioning my body properly to do this if I am unable to physically do it myself.
- If a C-section is needed or if I have difficulty getting out of bed or moving like I normally would after birth, please consult a physical therapist to assist me in the hospital as well as via home health as I prepare for my transition home.
- I want to breastfeed and/or bottlefeed and learn multiple positions to do this. I want to feel supported in whichever method I choose and know the risks vs the benefits to me and my baby. I want to be respected for however I choose to feed my baby. Please make sure I have a visit with a lactation consultant and/or occupational therapist before I leave the hospital.
- I would like resources as to whom I can call if I feel I am struggling with mental health issues. I know birth itself is traumatizing and it may not have went as I planned. I may have a difficult time coping with this but I might not notice right away.
- I want to be empowered as a parent, not made to feel that I cannot do something. Please suggest adaptations you have seen before to better improve my ability to care for my child.
- Can my sleep surface be adapted in the hospital to better accommodate my mobility impairments AND allow me to respond to my child? (Example: Is a sidecar crib available so I do not have to transfer in/out of bed and exert increased energy just to get to my baby?)
- I can easily be pushed into sensory overload when there is too much stimulation or I am overwhelmed by a situation. It may be helpful to leave written information for me to review on my own terms to help with this.
- Parts of my body can be immobile for long periods of time due to paralysis. Please educate me on proper weight-shifting to decrease skin breakdown as well as my risk of blood clots.
- I need adapted scales to be weighed appropriately.
- I need adapted chairs/beds to be measured appropriately.
- I have had difficulty in the past with other providers not fully understanding my situation and this makes me skeptical at times.
- Other: