

Castle Medical Center has set Standards of Care for our Moms and Babies. These practices help to allow stabilization of your newborn and encourage family bonding, as well as provide a positive foundation for successful breastfeeding. The stable mother and infant will experience the following standards of care:

During Labor:

- We encourage movement during labor. If you have pain medication, you may be limited to movement in your bed. You may wear your clothing of choice or wear a hospital gown (if concerned about soiling your own clothing)
- Whirlpool tubs and/or ambulatory /intermittent monitoring (with your provider's approval). Tubs are for laboring patients; water birthing is not available at CMC
- Various birthing balls as well as squat bars are available
- Diet/eating allowed based on provider's orders; clear liquid or ice chips only may be required

During Delivery:

- Immediate skin-to-skin contact of the infant and Mother - your infant is dried and placed directly onto your chest. This promotes the most optimum environment for your baby to transition to life outside the womb
- Delay the measurements of baby during skin-to-skin time. This provides a sacred time for bonding between the baby and family
- Delay the infant bath for a minimum of 8 hours or 2 successful breastfeedings (*with some exceptions*)
- Encourage and support early breastfeeding attempts during skin-to-skin time

## *Our Birth Plan*

Name(s):

Due Date:

Baby: Girl / Boy / Surprise!

- Do you want to be offered pain relief? If so, do you prefer IV medication (*given only in the early stage of labor*) or an epidural (*which may hinder the ability to push*)?
- Will you be breast-feeding?
- Do you prefer to sit upright in bed or squat during the pushing stage (*epidural anesthesia can affect available positions*)?
- Do you want to be able to walk/move around during labor?
- Who would you like present in the labor room?
- What's your ideal birthing environment? Do you want the lights dimmed? Music playing? Battery-powered candles (no open flames!)?
- Do you want your partner to cut the umbilical cord? Do you desire delayed cord clamping?
- If you have a boy, do you want him to be circumcised?
- Have you considered donating to Hawaii Cord Blood Banking?