



## Robin and Adam's Birth Plan

### What others like and admire about us

A FUN COUPLE, ALWAYS SILLY, CREATIVE, VERY LOVING, BOTH ARE EXTREMELY GENEROUS, GOING TO MAKE AMAZING PARENTS, THEY LIKE TO HAVE FUN, OUTGOING, YOU CAN TELL THEY LOVE EACH OTHER VERY MUCH

#### What is important to us during the labour process

- AS SOON AS SOPHIA IS BORN, SKIN-TO-SKIN CONTACT IS A MUST
- WE WOULD LIKE THE OPTION OF A SHOWER IN OUR ROOM TO HELP WITH THE PAIN
- ADAM WILL BE THE ONLY BIRTHING PARTNER.
- WE ARE COMFORTABLE WITH STUDENTS BEING PRESENT. (IT'S OUR FIRST TIME TOO!)
- WE ARE OPEN TO AN EPIDURAL IF ROBIN CANNOT HANDLE THE PAIN
- WE ARE BREASTFEEDING, SO PLEASE HAVE THE LACTATION CONSULTANT NOTIFIED UPON SOPHIA'S BIRTH
- IF SOPHIA IS REQUIRED TO BE SEPARATED FROM ROBIN, ADAM WILL BE GOING WITH HER.

#### How to support us during labour

- ROBIN IS AFRAID OF BLOOD. DO NOT PLACE A MIRROR FOR HER TO SEE THE BIRTH.
- ADAM IS EPILEPTIC, SO SOME REMINDERS TO TAKE HIS PILLS AT 4PM AND 8PM WOULD BE GREAT! (WE MIGHT GET CARRIED AWAY AFTER ALL)
- WE ARE FIRST TIME PARENTS. PLEASE DO NOT ASSUME WE KNOW WHAT IS GOING ON.
- WE WORK BEST WITH PEOPLE WHO SHARE A SENSE OF HUMOUR. DON'T BE AFRAID TO JOKE AROUND WITH US.
- PLEASE TELL US WHEN TO PUSH
- IF A C-SECTION IS NECESSARY, ADAM IS TO BE PRESENT DURING THE SURGERY
- PLEASE ALLOW ADAM TO CUT THE UMBILICAL CORD.