Parents: Kevin and Anna Keller

Baby: Maggie Keller

Due Date: March 17

Care Provider: Novant Health Midwifery Associates

Doula: Natural Baby Doulas

Pediatrician: Twin City Pediatrics

Birth Goals:

Our goal is to have an unmedicated, natural birth free of intervention. We understand, however, that emergencies happen, and we would be open to alternate measures should the need arise. We ask that we be informed and consulted before any intervention takes place.

Below are the goals we hope to achieve both before/during labor and after our baby’s birth.

Before and During Labor:

* Avoid intervention if possible
* No IV
* Option to labor in tub
* Doula present
* Intermittent heart rate monitoring
* Vaginal exams only when completely necessary
* Avoid use of forceps or vacuum
* Avoid episiotomy unless absolutely necessary
* Save the placenta for encapsulation

After Birth:

* No erythromycin
* Vitamin K shot and Hep B shot are fine
* Delayed cord clamping (we plan on making a cord blood donation)
* Exclusively breastfeeding
* Skin to skin immediately following birth
* Delayed bathing