



# What to include in your birth plan:

## 1. Who do you want in your room?

Ask the hospital or birthing center about any rules. Doulas are professionals who give support to families before, during, and after pregnancy. Studies show that doulas can improve outcomes for Black birthing people.

## 2. How do I manage pain?

You may choose to manage pain with or without medicine. Non-medication options include walking, breathing, using a birthing ball, massage, taking a shower/jacuzzi, and using laughing gas (depending on the facility). Medical options include an epidural (pain medicine delivered through a catheter in your back). Or narcotics delivered by IV. You should decide which option works best for you.