

# my Hug Plan

My full name is \_\_\_\_\_,  
and this is my plan to provide skin-to-skin hugs for my baby on  
the day that I give birth, according to my wishes:

## MY HUGS

I want to be the first to hold my baby on my bare skin as soon as possible after birth and:

- Before the cord is cut and clamped
- After the cord is cut and clamped

I want to be the first to hold my baby on my bare skin as soon as possible after birth and:

- Before my baby is cleaned off with a towel
- After my baby is cleaned off with a towel

After my baby is diapered, I want to continue providing skin-to-skin hugs for the following length of time:

- 1-2 hours (referred to as the "Golden Hours")
- Until my baby's first feeding
- Other (SPECIFY) \_\_\_\_\_

\_\_\_\_\_

While being transferred to the postpartum ward, I want to continue providing skin-to-skin hugs if possible:

- Yes
- No

## MY DESIGNATED ALTERNATE HUGGER

I want the following person to be in the delivery room in order to help me provide skin-to-skin hugs if necessary:

- My Partner (FULL NAME)

\_\_\_\_\_

- Other (FULL NAME)

\_\_\_\_\_

## MY GOWN OR GARMENT

To help facilitate skin-to-skin hugging as soon as possible, I want to wear:

- A skin-to-skin-friendly birthing gown which I have provided
- A "skin-to-skin tube top" which I have provided
- A standard hospital-issue gown, open to the front
- Other (SPECIFY) \_\_\_\_\_

\_\_\_\_\_

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## HUGGING DURING ROUTINE PROCEDURES

To help ease my baby's stress and pain during routine procedures, such as heel pokes and blood collection, I want to provide skin-to-skin hugs at least 5-15 minutes prior:

- Yes
- No

## HUGGING DURING A C-SECTION

If I require a C-section, I want:

- To give skin-to-skin hugs to my baby following delivery or as soon as possible
- My designated alternate hugger to help me provide skin-to-skin hugs

## HUGGING TWINS

In order to provide skin-to-skin hugs for both my babies, I want:

- To have my babies placed on my chest at the same time
- To have one baby placed on my chest while my designated hugger provides skin-to-skin for the other

## WHO SHOULD RECEIVE THIS HUG PLAN?

Once you have completed your Hug Plan, make 2 copies. Before your third trimester, discuss your Hug Plan with your doctor or midwife and provide a copy. Then take the second copy to the hospital the day you go into labour. When you check in with Labour & Delivery, speak with your primary nurse about providing skin-to-skin hugs. And give her the second copy of your Hug Plan, along with your Birth Plan if you have one.

