

HEART TO HEART ADOPTIONS

Your Hospital Plan

Decisions you can make — all of them are yours.

Every choice on this list belongs to you. There's no right answer — only what feels right for you. Use this to think things through ahead of time, or bring it with you to talk through with your caseworker.

Who is in the room

- ☐ Who do I want with me during labor and delivery?
- ☐ Do I want the adoptive family at the hospital?
- ☐ If yes, do I want them in the room, nearby, or just at the hospital?
- ☐ Is there anyone I do NOT want present or contacted?

Time with my baby

- ☐ Do I want to hold my baby after birth?
- ☐ How much time do I want with my baby before placement?
- ☐ Do I want photos or footage from this time?

Naming and identity

- ☐ Do I want to name my baby, even temporarily?
- ☐ Do I have preferences about the baby's name going forward?

After birth, before placement

- ☐ Do I want the adoptive family to be the first to hold my baby, or do I want that to happen later?
- ☐ What do I want my discharge to look like?
- ☐ Who do I want to talk to if I have second thoughts in the moment?

Support for me

- ☐ Who is my support person during this time?
- ☐ Do I want my caseworker reachable during labor and delivery?
- ☐ What do I need to feel cared for during this experience?

Remember: nothing here is permanent until you're ready, and your caseworker can help you change any part of this plan as your due date gets closer or on the day itself.

Questions? Call or text anytime — day or night. 518-557-1722 | 877-437-3424 | Text 801-563-1000