



# DEAR DOCTORS, NURSES

**And other experts in and/or around the medical field:**

I am Greg and I am going to be a dad.

This is my wife Lindsey – and she’s going to be a mom. That is why we’re here. For what it’s worth – Lindsey was an RN both in an OB/GYN office environment and in postpartum prior to making the jump to the Pharmaceutical industry. Basically – we know JUST enough to be super annoying.

Below you will find the outline to our plan – please ask questions, but only to a point. Then I’ll probably start ignoring you.

Right out of the gate – **we don’t know the sex of the baby. So don’t ruin it, people.**

I will announce the sex of the baby after delivery – no one else! We’re cheering for a girl, so make sure you help me sound excited about a boy...

Number one rule: Don’t let me screw anything up.

Thanks in advance!

## THE ROOM

- ☆ We’re gonna need a nice Wi-fi connection – that’ll make it easy to second guess anything that comes up from the medical staff.
- \* Music – We will have our playlist and speakers ready to rock, dancing is encouraged unless your “job” at the time requires you otherwise – even then, foot tapping is not only OK, it is recommended.
- ☆ Lighting – Let’s keep it on the dim side (you never know when the mood might strike – we’d prefer to keep our options open)
- \* We’re going to need a room with a **tub, birthing ball and birthing bar.** While Lindsey would like to make use of these items during labor, Greg will be using these items for a CrossFit workout during the delivery itself.



# PREPARATION MAKES PERFECT

- ☆ Despite the fact that "we" are pregnant – I (Greg) will require none of the traditional prep for the labor (the means no shaving of pubes, no enema and no shots).
  - ↳ If necessary, an IV can be administered for me to prevent fainting or to help with electrolyte loss due to the uncontrolled sweating.
- \* **If the baby is healthy – Intermittent monitoring is preferred.** I will be using this time to discuss all the things that really piss me off about Lindsey as I haven't really had a chance to have those conversations during the pregnancy. I'd prefer to have these discussions in private whenever possible due to the likelihood that Lindsey will likely be giving into my every wish and I don't want her to appear weak to strangers.
- ☆ **Lindsey would like to live on a diet of ice chips and clear fluids** (I am told that vodka is not an approved clear liquid – but we'll let it slide if that ends up happening)

## LABOR & DELIVERY

OH GOD, THIS IS HAPPENING

- ☆ Lindsey, **would like to deliver the baby without the help of medication** if at all possible. This means no epidural, pitocin, cervidil, etc. As they say - laughter is the best medicine.
- \* If **cesarean is necessary – please proceed with Western Medicine** as if we are not hippies. ☺
  - ↳ Despite the fact that I will probably break something – **I (Greg) am allowed and encouraged to be in the OR** if the medical team sees it fit
  - ↳ If Lindsey isn't able to hold the baby immediately after the operation – **I will hold the child and do skin-to-skin contact** for an extended period
- ☆ **Lindsey is OK with a Hep-Lock as needed and permitted**, whatever that means. 😊
- \* If Lindsey starts to cry uncontrollably at any time during labor – please join me in letting her know that all dogs DO go to heaven OR let's find a video of puppies attempting to go up or down stairs. If that doesn't help – let's go with "You're doing great" and "The baby will be here before you know it!"
- ☆ Both Lindsey and myself **would like to avoid an episiotomy unless it is absolutely necessary** (we each have our reasons for this request)
- \* **Local anesthesia can be used for any repairs and/or mole removal**
- ☆ I will be a coach only. I played lots of baseball growing up, no need to catch anything more. I was a terrible arts & crafts kid – **scissors were/are not my thing.**
- \* We do NOT need a mirror for any reason. If I need to check my hair – I will excuse myself and use the mirror in the restroom.
  - ↳ Seriously. Don't bring one.



# POST MESSY PART

- ☆ **We would like to delay the clamping of the cord, if at all possible.** Lindsey has said since I have met her that she has “superior genes” – if there is even a chance that is true, let's give the kid a chance to get more of that before we say it is on its own.
- \* We would like to attempt breast-feeding at the earliest possible moment – regardless of delivery method. If needed, we will request a visit from a lactation consultant.
  - ↳ I may also request a visit from a fatherhood consultant at that time. Please provide references to [greg@oodle.io](mailto:greg@oodle.io)
- ☆ As previously mentioned – we're a big fan of skin-to-skin contact, so we'd like **at least an hour of skin-to-skin after the baby is born.**
  - ↳ Lindsey will attempt breast-feeding during this time (more of those 'superior genes'...)
- \* The penis... **we're going with a circumcision.** He will forgive me one day. So yes, if it is a boy – please go with the operation.
  - ↳ This is the **ONLY** time that he can have a pacifier – **for all other times in the hospital, we would like to limit pacifier use**
  - ↳ **If the baby is a girl – please do NOT attempt a circumcision.**
- ☆ For the first family member/friend that asks **“What can we do for you?”** in an attempt to see the baby before we're ready for it - we will say that Lindsey REALLY wants a dozen donuts. **Those are actually for YOU GUYS**
  - ↳ When I ignore said family member - just blame it on some mundane but obscure medical reason

THANK YOU IN ADVANCE! YOU GUYS ARE THE BEST!  
WITH LOVE,  
THE BROWNS + BABY

