



# My Birth Plan

*For mother and baby*

Your birth plan is an outline or “letter” written to your provider and caregivers. It describes your concerns, fears, wishes, and how you and your partner would like your labor and birth to be managed and why. It should be flexible and realistic.

The birth plan starts with a conversation between you and your partner. To help you get started, we suggest reading *Birth Choices*, pages 77 to 79 in this booklet, and Chapter 7 in *Pregnancy, Childbirth, and the Newborn*.

As you write your plan, it may be helpful to discuss it with your doctor or midwife at your prenatal visits. When you come to the hospital, your birth plan will let your caregivers know your preferences.

Review your birth plan with your health care provider and nurse, and highlight the points that are especially important to you. Have fun planning the birth of your baby!

## **My Thoughts and Hopes for Labor and Birth**

I am looking forward to:

My biggest concern or fear:

These things are very important to me:

Specific practices I would like or would not like:

Special cultural or traditional practices important to me:

Meal preferences:

For coping with labor, I would like to use the following:

If I have a Cesarean birth, I want this person with me:

If any unexpected events occur, I want you to know:

**My Thoughts for After Delivery**

After birth, my baby's health care provider will be:

The form of family planning I plan to use is:

If I have a Public Health Nurse, his or her name is:

### **My Thoughts and Requests for My Baby**

I have the following questions and/or concerns about my baby:

My plan for feeding the baby is:

- I am an experienced mom.
- I need lots of help – we are new at this.

I need to get a car seat from:

- Home
- UWMC

If I have a son, I want him to be circumcised:

- Yes
- No

I need more information on circumcision:

- Yes
- No

## Questions?

Your questions are important. If you have questions about yourself, call your obstetric provider during office hours. Clinics are closed 5 p.m. to 8 a.m. and on weekends.

When your provider's office is closed, call:

Labor and Delivery:  
206-598-4616

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