

Use this easy fill-in-blank birth plan to communicate your wants and needs to your medical team.

## Personal Details

Name: ..... Partner: .....

Due Date: ..... Hospital: .....

My obstetrician and/or midwife: .....

### I'd like the following people to be present during labour and/or birth:

Partner: .....

Friends: .....

Relatives: .....

Doula: .....

Children: .....

### I'd also like:

- To bring my own music.
- To dim the lights.
- To wear my own clothes during labour and delivery.
- To have pictures and/or video taken during labour and delivery.

## Once I'm in the hospital, I'd prefer:

- My partner to be allowed to stay with me at all times.
- Only my practitioner, nursing team, and birth partner/s present.
- To wear my contact lenses or glasses, as long as I don't need a general anaesthetic.
- To eat if I wish to, but to abide by the advice my team give about solid foods during labour.
- To stay hydrated by drinking clear fluids instead of having an IV, if possible.
- To walk and move around as I choose.

## As long as the baby and I are doing fine, I'd like:

- To have intermittent rather than continuous electronic foetal monitoring.
- To be allowed to progress free of stringent time limits.

## If they're available, I'd like to try:

- A birthing pool.
- A squatting bar/position with support.
- A birthing stool/chair.

## When it's time to push, I'd like to:

- Rely on my instincts, but if necessary be coached.
- Be coached from the beginning on when to push and for how long.

**I'd like to try the following positions for pushing (and birth):**

- Semi-reclining.
- Side-lying position.
- Squatting.
- Hands and knees.
- Whatever feels right at the time.
- As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress free of stringent time limits.

**I'd like to try the following pain-management techniques:**

- Bath/shower.
- Breathing techniques/distraction.
- Acupressure.
- Massage.
- Self-hypnosis.
- Medication.
- Please don't offer me pain medication. I'll request it if I need it.
- Please do offer pain medication.

**If I decide I want medicinal pain relief, I'd prefer:**

- Regional analgesia (an epidural and/or spinal block).
- Systemic medication (eg. pethidine).
- Nitrous oxide gas.

**I'd like:**

- To view the birth using a mirror.
- To touch my baby's head as it crowns.
- To have my baby placed "skin-skin" on my abdomen.
- The room to be as quiet as possible.
- To risk a tear rather than have an episiotomy.
- My partner to help "catch" our baby.

**After birth I'd like:**

- To hold my baby right away if possible.
- To breastfeed as soon as possible.
- To wait until the umbilical cord stops pulsating before it's clamped and cut, provided my blood loss remains within normal limits.
- My partner to cut the umbilical cord.

**If I have a c-section, I'd like:**

- My partner present at all times during the procedure.
- My baby to be lifted up so I can see him/her as soon as possible.
- The baby given to my partner as soon as possible.
- To breastfeed/bond with my baby in the recovery room.

**After delivery, I'd like:**

- All newborn procedures to take place in front of me or my partner.
- My partner to stay with the baby at all times if I can't be there.
- To be given the option of disposing of the placenta myself.
- To stay in a private room if possible.
- To have sleeping arrangements provided for my partner.

**I plan to:**

- Breastfeed exclusively.
- Combine breastfeeding and bottle feeding.
- Bottle feed exclusively.

**The following can be offered to my baby:**

- Formula.
- Pacifier.
- Please don't offer anything to my baby at any point.

**I'd like my baby fed:**

- On demand.
- On a schedule.

**I'd like:**

- 24-hour rooming-in with my baby.
- My baby to room-in with me only when I'm awake.
- My baby brought to me for feeding only.

**If my baby's a boy:**

- I'd like him circumcised at the hospital.
- I don't want him circumcised.

**Other:**

- I'd like my other child(ren) brought in to see me and meet the new baby as soon as possible after the birth.
- I'm interested in checking out of the hospital early.