



your birthplan

Putting pen to paper can help you
and your midwife understand
what matters to you most



www.boots.com/parentingclub

1 The name I would like to be called is:

2 My preferred birth partner would be:

who is my _____

3 I am happy to be photographed/ videoed during labour by my birth partner:
 Yes
 No

4 During labour I would like the following pain relief:
 A bath/Shower
 Breathing techniques
 Massage
 TENS machine
 Gas and air
 Pethidine
 An epidural

5 I would like to use the following during labour:
 A birthing ball
 A birthing pool
 A birthing stool
 Beanbags
 Music

6 My preferred positions in labour are: _____

7 I am happy to have students present:
 Yes
 No

8 I am happy to have my baby's heartbeat continually monitored:
 Yes
 No

9 I would like to be in the following position to give birth:
 Reclining in bed
 On my side
 Squatting
 On all fours
 I'd like to decide at the time

10 My thoughts on having my waters broken artificially:

11 I would like to:
 Be told when to push
 Push when it feels right

12 My thoughts on having an episiotomy:

13 I would like my birth partner to cut the umbilical cord:
 Yes
 No

14 My thoughts on being given an injection to contract my womb before the delivery of the placenta:

15 I would like my baby to be:
 Delivered straight into my arms
 Wiped first

16 I would like my baby to be given Vitamin K:
 Yes
 No

17 I want to feed my baby by:

18 My special requests: _____

