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:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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

www.boots.com/parentingclub

your birthplan