**BIRTH PLAN TEMPLATE**

Feel free to cut and paste this birth plan template onto a word document for your own use. For more ideas on writing your birth plan click back to the [**Birth Plan**](http://reason8.com/upd8/FCKeditor/editor/info2.cfm?info_id=64042) page.

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**BIRTH PLAN FOR** (insert your name)

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| Place of Birth, First Preference (Change this for each of your potential birth scenarios i.e. "Second Preference" etc.)   | (i.e. home birth, birth centre, hospital etc.) |
| Birth Companions | List your partner, doula, midwife, children etc. Do you mind having a student present?  |
| Induction/Augmentation  | List your preference and non preferences:- Artificial Induction or Augmentation- Membrane Sweep- Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc. |
| Environment  | List your preference and non preferences:- Music- Chatter- Calm atmosphere- Lighting |
| First Stage of Labour   | List your preference and non preferences:- Eating/drinking- Mobility- TENS Machine- Entonox- Pethidine - Epidural- Water Pool- Massage- Aromatherapy/hypnobirthing/homeopathy - Hot/cold packs      |
| Foetal monitoring / Vaginal Examinations | List the type, if any, of foetal monitoring you prefer; Electronic or Doppler. State your preference regarding VE (vaginal examinations). |
| Second Stage of Labour  | List your preference and non preferences:- Position- Pushing- Touching baby’s head- Discovering the sex- Photos |
| Assisted Delivery  | List your preference and non preferences:- Forceps, - Ventouse- Episiotomy- Perennial massage/hot compresses  |
| Cutting the Cord | List your preference and non preferences:- How long would you like to wait after the birth before cutting the cord?- Who would you like to cut it i.e. your partner? - If you are planning a lotus birth, list that here. - Would you like to keep the placenta? |
| Third Stage of Labour | List your preference and non preferences:- Syntometrine - Syntocinon- Pulling on the cord etc- Herbs/homeopathy- Fundal pressure- Breast Feeding |
| Fourth Stage of Labour (postpartum) | List your preference and non preferences:- Bonding/skin to skin Immediately after birth - Weighing, measuring, washing and dressing baby- When would you like to shower or bathe?- When would you like to eat or drink  |
| Baby Care | List your preference and non preferences:- Skin to skin contact- Breast feeding- Pacifiers - Glucose water - circumcision if the baby is a boy- Vitamin K- vaccinations |

**In Case of an Emergency, Caesarean Birth or Sick Baby**

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| Advocate - In an emergency, if I am unable to speak for myself, I would like the following person to be my advocate. | State who you would like to advocate for you in the situation that you are unable, i.e. your husband, doula, or midwife etc.  |
| Birth Companions | List your partner, doula, midwife, children etc. Do you mind having a student present?  |
| Induction/Augmentation  | List your preference and non preferences:- Artificial Induction or Augmentation- Membrane Sweep- Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc. |
| Environment  | List your preference and non preferences:- Music- Chatter- Calm atmosphere- Lighting |
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