

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.