



your birthplan

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


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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: _____

