



Birth Plan

Details

Name:

Partners Name:

Due Month:

Baby Sex: Boy Girl Surprise

First Pregnancy

Subsequent pregnancy

Health Information

- Strep B
- Gestational Diabetes
- Herpes
- RH incompatible with baby
- Allergies
- Other information:

Environment

- Dim lights/natural lighting
- Own music/hypnobirthing tracks
- Minimal interactions/interruptions
- Wear own clothes
- Limited staff
- Interventions to be discussed initially with partner

Delivery

- Home Birth
- Hospital
- Vaginal
- Birth Pool
- VBAC
- C-Section

Pain relief

- Epidural
- Nitrous Oxide/Gas&Air
- Pethidine
- TENS
- Other:

Natural Pain Relief

- Breathing techniques
- Positive Affirmations
- Movement
- Bath/shower
- Aromatherapy
- Massage
- Visualisations

Birthing Positions

- Squatting
- Hand and knees
- Proposal Position
- Standing in upright forward & open position
- Birthing Ball
- In bed



Birth Plan

Induction

- Prefer waters to break naturally
- No induction unless medically necessary
- If needed, try natural methods first

Pain Relief

- Please don't offer pain relief/epidural
- No IV
- Im open to an epidural
- Im open to Pethidine
- Im open to Nitrous Oxide
- Im open to TENS/I am using a TENS

Pushing/Tearing

- Breath baby down
- Tear Naturally
- No forceps or vacuum
- Use mirror to see baby's head
- Feel baby's head crowning
- Episiotomy only if absolutely medically necessary

After Birth

- Immediate skin-to-skin
- Minimal/no wiping of baby to preserve microbiome
- Mum & baby to be left undisturbed
- Post natal checks done after one hour where possible

Additional Preferences

- Do not separate Mother and baby

Umbilical Cord

- Optimal Cord Clamping: Wait for white
- Delayed cord clamping
- Cut by partner
- Cut by staff

After Birth

Sex of baby

- Be told by partner
- Be told by staff
- Find out myself

Placenta

- Deliver Naturally
- Help with injection
- Save placenta
- Lotus birth

Medication for baby

- Vitamin K

Feeding

- I am planning to breastfeed
- I plan to bottle feed
- I would like to meet the lactation consultant
- Please facilitate pumping if baby is in NICU/SCBU



Birth Plan

- If baby is breathing delay all new born checks
- Minimal handing of baby
- During skin-to-skin do not put hat on baby
- Please do not bathe baby
- Baby with mother/partner at all times

If Caesarean Section is required

- | | |
|--|--|
| <input type="checkbox"/> Gentle caesarean where possible | <input type="checkbox"/> Optimal cord care |
| <input type="checkbox"/> Mum given time to listen/read relaxation scripts before theatre | <input type="checkbox"/> Delayed cord clamping |
| <input type="checkbox"/> Epidural to be administered | <input type="checkbox"/> If Mum & baby are well, new born checks to be delayed |
| <input type="checkbox"/> Low/dim light in Mum & partner area | |
| <input type="checkbox"/> Audio to be played in theatre | |
| <input type="checkbox"/> Gown back to front to facilitate skin-to-skin | |
| <input type="checkbox"/> Electrodes to be placed away from mother's chest | |
| <input type="checkbox"/> The drape to remain in place | |
| <input type="checkbox"/> Drape to be lowered to see birth | |
| <input type="checkbox"/> Walk the baby down | |
| <input type="checkbox"/> Immediate skin-to-skin | |



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Additional Notes From Parents