

# My Birth Plan (Completed Example)

Name: Kate

Est. Due Date: 22nd November 2023

Baby No.: 1

Birth Partner:

Birth Partner GSM:

## IMPORTANT TO KNOW

### Birth Place Choice

St Pierre Brussels

### Pain Relief

Gas & Air

If I require further pain relief I will ask for it

### Birth Environment

Low lights/ Quiet please/ No unnecessary interruptions/ I will be playing music & my hypnobirthing recordings

### My Comfort Measures

I would like to be free to move how I wish

I will be hypnobirthing

I intend to labour in water

### Monitoring

I am happy to have occasional monitoring. Please don't interrupt me to do so

### Vaginal Examinations

No thank you

Although if important we can discuss



## My Labour

Please do not encourage me to push unless I ask for help

I would like you to pass my baby to me for immediate skin to skin or if possible catch my own baby

I would like to discover the sex of my baby myself

## Birthing My Placenta

I would like to have a physiological birth of my placenta

I will not be keeping my placenta but I would like to see it

## Feeding My Baby

I intend to breastfeed my baby and would appreciate all the encouragement and support you can offer

## Assisted Delivery

I'd like to discuss my options clearly before an assisted delivery.

I would like to try ventouse before forceps.

No episiotomy without prior consent & discussion

## Augmented Labour

I do not wish augmentation of labour

Should I need augmentation for the health of my baby I would like to try moving, eating & resting first

## Caesarean Birth

Please ensure that all medications are suitable for breastfeeding

I would like to have the screen lowered to see my baby being born

I would like to have skin-to-skin immediately after the birth

I would like optimal cord clamping if possible.

We would like to discover the sex of the baby ourselves

I would like the lights around me to remain as dim as possible

I would like to play music if possible

