



## My Birth Plan

### Birth companion

Who will be your partner?

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Do you want them with you at all times?

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What relationship are they to you?

.....

### Positions for labour and birth

Do you want to be mobile for as long as possible?

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Do you want to give birth kneeling/squatting/standing in bed?

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### Pain relief

Do you want any?

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Which forms of pain relief would you prefer and in what order?

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## Birthing pool

Do you want to use one?

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Do you want to use it for pain relief and/or to give birth in?

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## Delivery of the placenta

Do you want to deliver it naturally if possible?

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Would you rather have an injection to reduce the risk of bleeding?

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Do you want students observing and helping?

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## After the birth

Do you want your baby to be given vitamin K?

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Would you like to have skin-to-skin contact?

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## Feeding your baby

Once your baby is born, how do you want to feed him/her?

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If you plan to breastfeed, does that mean you don't want your baby to have any bottles at all?

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## Special needs

Do you have any particular needs? E.g. religious, dietary or disability requirements.

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## Unexpected situations

What do you want to do if your baby has to go into a special care baby unit?

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