

Black Midwifery
presents

The birth plan assist

Guiding you in
your labour &
birth preparation
journey

Black
Midwifery



Contact Us

Website

blackmidwifery.co

Email

dumebi@blackmidwifery.co

Black Midwifery is committed to providing you with evidence based information to enable you to make informed decisions regarding your pregnancy & birth.

About the birth plan assist

Thinking about your birth plan can be exciting and daunting at the same time, whether its your first pregnancy or not.

You need not worry, **Black Midwifery** has developed this guide to enable you to identify your preferences regarding labour & birth and facilitate you to devise the best plan for you.

Your midwife will discuss your birth plan with you as you approach your due date, so its never too early to start researching and planning!

Remember, your birth plan is not set in stone - you can change your mind about something at any point in your pregnancy.



“Flexibility is a key component when making a birth plan.”

What is a birth plan?

“A birth plan is a record of what you would like to happen during your labour and after the birth.”

NHS, UK.

It is important to discuss your birth plan with your midwife or obstetrician before you go into labour to ensure they are aware of your preferences. It gives you an opportunity to discuss and ask questions about your pregnancy and birth.

Attitude to planning

Flexibility is a key component when making a birth plan. Sometimes birth doesn't always go as you may have planned (i.e due to capacity or availability of facilities), therefore it helps to be prepared and receptive.

Writing your birth plan

In order to simplify the process, think of your birth plan in three sections:
Labour, birth & baby.

Labour

Who is your birth partner?

Determine who you want to be with you throughout labour & birth.

Students present?

Do you consent to having students (midwives or doctors) involved in your labour care and at your birth?



“Think of your birth plan in three sections: Labour, Birth & Baby”

Place of birth?

Where you would like to give birth i.e birth centre, labour ward or at home.

Monitoring your baby during labour

Intermittent monitoring of your baby's heart will be recommended if your pregnancy is straightforward, however if you have had any complications in pregnancy or labour you will be advised to be continuously monitored.

Discuss with your midwife to find out the best option for you.

Do you wish to be active & mobile in labour?

State any specific birth positions you would like to try.

Pain relief in labour

When it comes to pain relief, you have many options to explore: water birth, TENS, breathing techniques, Pethidine, gas and air, or an epidural.

It is imperative to discuss your choices with your midwife as options can vary between birthing units.

Birth

Instrumental delivery

If you require assistance in your delivery, which would you prefer:

Ventouse or Forceps?



“It is imperative to discuss your choices with your midwife”

Episiotomy

(A cut in the area between the vagina and anus made by the doctor or midwife to speed up the delivery if necessary or to prevent tearing)

Do you consent to having an episiotomy if your midwife/obstetrician feel you need one?

Management of third stage (placenta)

Have you decided how you would like to deliver your placenta: naturally or with medication?

Would you like to keep your placenta?

If you would, it is important to let your maternity team at the start of your labour.

Delayed cord clamping

National guidance recommends that this should be standard practice unless mother or baby need urgent care. However, do inform your midwife before birth if you would like it done.

Cutting of the cord

State who you would like to cut the umbilical cord.

Announcement of sex

If you are keeping the gender of your baby a surprise, let your midwife know if you're happy for them or your birth partner to announce it to you or if you wish to see for yourself.



***Tip:** If formula feeding, ensure you have your chosen ready made formula with you.

Baby

skin to skin

Once your baby is born do you wish to have immediate skin to skin contact or would you prefer for baby to be dried off before you hold them?

Vitamin K

If you consent to baby being administered vitamin K, which route: oral or intramuscular?

Infant feeding

*How do you wish to feed your baby? Options vary from breastfeeding, formula, expressing and mixed feeding.**

Further information

Useful resources for birth plans:

NHS, UK

<https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/how-to-make-a-birth-plan/>

Tommy's

<https://www.tommys.org/pregnancy-information/giving-birth/making-your-birth-plan>

NCT

[https://www.nct.org.uk/pregnancy/dads-be/writing-birth-plan-and-deciding-about-pain-relief.](https://www.nct.org.uk/pregnancy/dads-be/writing-birth-plan-and-deciding-about-pain-relief)



Sources

This information has been developed by Black Midwifery.

<https://www.nhs.uk/pregnancy/>

<https://www.nice.org.uk/guidance/cg190>

<https://www.tommys.org/pregnancy-information/>