

**MOTHER
FIT**

MIND BODY SOUL

Making a Birth Plan

MOTHER FIT RESOURCE





A birth plan is a record of what you would like to happen during your labour and after the birth. You don't have to create a birth plan but, if you would like one, your midwife will be able to help.

Discussing a birth plan with your midwife gives you the chance to ask questions and find out more about what happens in labour.

It also gives your midwife the chance to get to know you better, and understand your feelings and priorities, and allows you to think about or discuss some things more fully with your partner, friends and relatives.

You can change your mind about your wishes for labour and birth at any time.

BE FLEXIBLE

Things do always go to plan. It's important to be flexible and prepared to do things differently from your birth plan if complications arise with you or your baby, or if facilities such as a birth pool aren't available.

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

Birth Plan Preferences

Name

Birth Partner

Contact No

Due Date

Additional Support Person

Doctor

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FIRST STAGE

- ☐ I wish to move freely during labour
- ☐ I would only like cervical checks when necessary
- ☐ Please do not offer me pain relief unless I ask
- ☐ Please let me know when an epidural could be given
- ☐ I am unsure if I would like any pain relief or not
- ☐ Please support me to breathe through my contractions
- ☐ I would like the lights dimmed if possible
- ☐ Please don't talk to me during a contraction
- ☐ I would like to play music during Labour to help me relax
- ☐ Informed decision making is important to me

THIRD STAGE

- ☐ I would like immediate skin-to-skin with my baby
- ☐ I'm waiting for the placenta to be delivered naturally
- ☐ I would like a managed placenta removal
- ☐ Please delay cord clamping
- ☐ I would like my birth partner to cut the umbilical cord
- ☐ I would like to see and/or keep my placenta
- ☐ I plan to breastfeed my baby
- ☐ I would like support from a lactation specialist

SECOND STAGE

- ☐ I do not wish to be coached to push
- ☐ I would like to choose the position I birth in
- ☐ Please assist me in finding a comfortable birth position
- ☐ I would like to give birth in water if possible
- ☐ Please keep the room quiet and only allow necessary personnel to enter
- ☐ If possible, I would like to mirror to view the birth
- ☐ I plan to breath baby down and not push
- ☐ Please limit talking within the room

Need to know:

Print your Mother Fit Birth Plan below