My birth plan

My priorities and labour preferences

Fill in what matters to you and discuss it with your midwife. You can change your mind at any time.

Name:

Due date / version date:

Planned birth place / backup:

Birth companion / contact:

Allergies or important medical information:

The things that matter most to me

1.

2.

3.

Communication, support or cultural needs:

During labour

Room, privacy and students:

Movement, positions and equipment:

Pain relief to try first / discuss next:

Monitoring, examinations and decisions:

My birth plan

If things change, and after birth

Name:

Version date:

If birth takes a different turn

Induction or assisted birth: what I want to discuss:

Caesarean: company, communication and meeting my baby:

If my baby and I need separate care: support and updates:

After birth

Skin-to-skin and first contact:

Cord clamping and cutting:

Delivering the placenta:

Feeding and the support I would like:

Vitamin K: my decision or questions for my midwife:

Other preferences:

Please explain proposed care, discuss my choices and ask before examinations and procedures.