

# My Birth Plan

Use this birth plan to help you prepare for delivery and also as a guide to discuss your preferences with your health care providers.

## I'd like to give birth at:

- Home
- Hospital
- Birthing Center

## I'd like to give birth:

- Vaginally
- Caesarean section (C-section)
- In a water bath

## I would like these people in the room during delivery:

- Partner \_\_\_\_\_
- Parents \_\_\_\_\_
- Children \_\_\_\_\_
- Doula \_\_\_\_\_
- Other \_\_\_\_\_

## During labor I would like:

- To walk around freely
- To eat and drink during early labor as my doctor allows it
- To push when I feel I should
- To be coached on when to push and for how long
- Music playing
- The room to be as quiet as possible
- The lights to be dimmed
- Other \_\_\_\_\_

## For pain relief and management, I would like to use:

- Acupuncture/Acupressure
- Epidural
- Breathing/Meditation
- Whirlpool bath or shower
- Other \_\_\_\_\_

## For my delivery, I would like to try:

- Squatting
- Semi-reclining
- Lying on my side
- Using a birthing stool
- Using a birthing chair
- Standing
- On hands and knees
- Whatever feels best
- Other \_\_\_\_\_

## After delivery, I would like:

- To hold my baby for skin-to-skin contact immediately
- For my baby to be dried and cleaned before I hold them
- For my partner to cut the cord
- To donate the cord blood
- To breastfeed as soon as possible
- 24-hour rooming-in
- A visit with a lactation consultant or breastfeeding counselor



Developed by JSI for the Healthy Start EPIC Center



## Other Questions to Think About

**1. What are your hopes for your childbirth experience?**

**2. What concerns do you have about your childbirth experience?**

**3. Is there anything else you would like to share with your care providers (such as, family traditions, birth plan wishes, dietary needs, spiritual, cultural or religious customs, etc.)?**

