

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



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.)?

