

BIRTH PLAN STATEMENT

I understand that it is the role of professionals to share evidence-based information to help me with my decision making & to gain consent for any procedures.

I also understand that my decisions & any outcomes are my own responsibility.

Understanding that this birth plan might change, I will inform my care providers if I want to make any changes.

Should my care provider recommend changes or deviations from the birth plan, I would like information on

- Benefits
- Risks Associated
- Alternatives available
- What happens if I do nothing

BIRTH TEAM

Name: Bianca
Birth Partner1: Husband
Birth Partner 2: Doula
Contact: XXXX XXX XXX
EDD: 12/05/20

SUMMARY

- We wish to have a calm, quiet, water birth with little to no intervention.
- We are using hypnobirthing and active birth techniques & therefore the environment & language used is very important to us.
- We would appreciate if you could avoid using the words "pain" or "contraction" & instead talk about "comfort" or "surges" – this would be wonderful!

ENVIRONMENT

- Dimmed lights & quiet space
- I would like to have my battery-operated candle lights on
- My own music to be playing
- Please minimize interruptions and discussion in my birth space unless medically necessary.
- I would like to use a birth ball / keep active and upright
- Move into the bath/pool when labour is established

MONITORING

- I decline routine vaginal examinations
- Intermittent monitoring
- I wish to be as active and mobile as possible
- when you are monitoring baby's heart rate with a doppler, feel free to do this without asking for permission as I wish to be fully engaged in my hypnobirthing techniques
- If continuous monitoring is necessary, I would like to use wireless monitoring so I can still move around

PAIN RELIEF

- Natural pain relief
- + Gas & Air
- **I will ask if I want pain relief, please do not offer it at any point**

THIRD STAGE

- Delayed cord clamping
- Jarad to cut the cord
- Skin to Skin – 3 Golden Hours (weighing / measurements to be done after)
- Physiological 3rd stage / delayed active management (unless I have lost too much blood for example – I will accept the injection in this case)

POSITIONS FOR BIRTH

- Upright / forward positions
- Remain mobile throughout
- I would like to use the pool
- Access to a birthing ball

SECOND STAGE

- I would prefer to use hypnobirthing techniques to birth my baby, please refrain from coached pushing
- I would like to follow the lead of my body using hypnobirthing techniques
- Please tell me to stop / slow if you see there is a chance of tearing badly
- I would prefer a physiological birth unless instrumental intervention is medically necessary
- Baby to be placed on my chest immediately after birth & undisturbed skin to skin

BREASTFEEDING

- I will be breastfeeding in accordance with The Thomson Method & plan to exclusively breastfeed
- I prefer to be as undisturbed as possible during the golden 3 hours to assist me to commence leisurely breastfeed which may take 2-3 hours
- If I am still in hospital for the next few days, I will prefer to continue this way, according to the baby's needs, until my milk volume peaks