

Your Birth Plan

What to consider before giving birth

Why create a Birth Plan?

Communication (Open communication allows you to express your desires and concerns, ensuring everyone is on the same page)

Empowerment (It encourages you to research and understand your options, making you an active participant in your birthing experience)

Reduce Stress (Knowing what to expect can help you feel more in control)

Advocacy (It helps you assert your choices and ensure they are respected throughout the labour and delivery process)



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Components of a Birth Plan

Labour Environment (This can include preferences for lighting, music, and ambiance)

Pain Management (Discuss whether you prefer natural pain relief methods like breathing exercises, hydrotherapy, or if you are open to medical interventions such as epidurals)

Labour Positions (Some women prefer to move freely during labour, while others prefer to stay in bed)

Birthing Preferences (You might want to specify whether you'd like to have a water birth, use a birthing stool, have an injection or have the option of a caesarean section if necessary)

Consider the Third Stage of Labour (Decide whether you wish to include details about the delivery of the placenta and whether or not you wish for an injection to bring on delivery).

Medical Interventions (Detail your stance on medical interventions such as induced labour, episiotomies, and fetal monitoring)

Feeding Choices (If you prefer breastfeeding or formula feeding)

Newborn Care (Discuss newborn care procedures like cord clamping and vitamin K injections)

Complications (Discuss your preferences in the event of an emergency or the need for an emergency c-section)

Support Team (Who you want present during the labour and delivery)

Culture and Religious Preferences (If you have cultural or religious customs that you'd like to observe during childbirth)

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Make Informed Choices

Research (Read books, attend childbirth classes, and consult reputable sources to understand your options)

Consult Healthcare Providers (Including your obstetrician, your GP or your midwife.)

Flexibility (While a birth plan is essential, be prepared to adapt if circumstances change)

Partners Involvement (Involve your partner in the process)

Open Communication (Maintain open communication with your healthcare team throughout the labour and delivery process)



Creating a birth plan is a significant step towards ensuring that your childbirth experience aligns with your preferences and values. By taking the time to create a well-thought-out birth plan, you can embark on this transformative journey with confidence and peace of mind.