

This is an example of a birth plan. Remember this is about you, your needs and preferences and modify it accordingly.

Birth Plan

We are Birthing Mum/Person Name and Birthing Partner Name.

We will be hypnobirthing.

We would like a quiet, undisturbed atmosphere and dim lights/darkness.

We are well informed about our options and ask you to please honour the following care needs:

Environment/ Language/ Staff Present

- Privacy and no students
- Minimal talking and quiet voices
- We would like to be left alone, as much as possible
- Dim lights, and positive language please (we will be using word *surge* instead of contraction)

Monitoring

- No vaginal examinations
- Intermittent fetal monitoring only
- No ctg/ no fetal scalp electrodes

Pain management and interventions

- Please do not offer pain relief unless I ask for this
- Speak to my birth partner first, they have my permission to speak to you about the offered course of action in the first place
- We would like time alone to consider whether we accept a proposed course of action or not

Birth and soon after

- I would like to birth at my own pace and not to have a pressure of time
- I would like to access a birth pool
- No coached pushing please
- My birth partner to catch the baby and pass them to me
- NO CORD CLAMPING UNDER ANY CIRCUMSTANCES
- I would like my partner to cut the cord when we are ready
- No injection for 3rd stage, as I would like a physiological placenta birth
- NO CORD MILKING, TUGGING OR TOUCHING
- UNDISTURBED GOLDEN HOUR with my baby, and all measurements, weighing and tests to wait
- At least a full hour of Skin to Skin and initiation of breastfeeding
- We would like our baby to have a dose of Vit K orally only after the golden hour

If circumstances change

- Please maintain quiet and dim lit atmosphere
- We would like time alone before we make a choice