



your birthplan

Putting pen to paper can help you and your midwife understand what matters to you most



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1 The name I would like to be called is:

2 My preferred birth partner would be:

_____ who is my _____

3 I am happy to be photographed/ videoed during labour by my birth partner:

- Yes
- No

4 During labour I would like the following pain relief:

- A bath/Shower
- Breathing techniques
- Massage
- TENS machine
- Gas and air
- Pethidine
- An epidural

5 I would like to use the following during labour:

- A birthing ball
- A birthing pool
- A birthing stool
- Bean bags
- Music

6 My preferred positions in labour are: _____

7 I am happy to have students present:

- Yes
- No

8 I am happy to have my baby's heartbeat continually monitored:

- Yes
- No

9 I would like to be in the following position to give birth:

- Reclining in bed
- On my side
- Squatting
- On all fours
- I'd like to decide at the time

10 My thoughts on having my waters broken artificially:

11 My feelings about using forceps or vacuum delivery are:

12 I would like to:

- Be told when to push
- Push when it feels right

13 My thoughts on having an episiotomy:

14 I would like my birth partner to cut the umbilical cord:

- Yes
- No

15 My thoughts on being given an injection to contract my womb before the delivery of the placenta:

16 I would like my baby to be:

- Delivered straight into my arms
- Wiped first

17 I would like my baby to be given Vitamin K:

- Yes
- No

18 I want to feed my baby by:

19 My special requests:
