My Birth Plan

A simple template to share with your midwife and birth team

A birth plan tells your care team what matters to you. It is not a fixed script - births can change course - but writing your preferences down helps everyone support you, and helps you feel informed and in control. Tick what applies, fill in the blanks, and bring copies to your appointments and to the hospital.

ABOUT ME

My name _____

Due date _____

Hospital, birth centre or home birth planned at _____

My birth partner(s) _____

Language I prefer to speak _____

- [ ] I would like a professional interpreter at appointments and during labour. This is my right, and the hospital must arrange it.

Religious or cultural needs my team should know about _____

Medical conditions, allergies or past birth experiences to be aware of _____

DURING LABOUR

- [ ] I would like to stay as mobile as possible and choose my own positions
- [ ] I would like to use a birth pool if one is available
- [ ] Please keep the lights low and the room calm
- [ ] I would like music - I will bring my own
- [ ] Please explain everything before it is done, and ask for my consent
- [ ] Please speak directly to me, not only to my partner
- [ ] I am happy for students to be present
- [ ] I would prefer no students to be present

PAIN RELIEF - I WOULD LIKE TO TRY, IN THIS ORDER

- [ ] Breathing, movement and massage
- [ ] TENS machine
- [ ] Water - pool or shower
- [ ] Gas and air (Entonox)
- [ ] Pethidine or a similar injection
- [ ] Epidural
- [ ] Please offer me pain relief when you see I need it
- [ ] Please only give pain relief if I ask for it

MONITORING AND INTERVENTIONS

- [ ] I prefer intermittent monitoring, so I can move, if it is safe for my baby

- [ ] If induction, forceps, ventouse or caesarean are suggested, please explain why, tell me the alternatives, and give me time to ask questions
- [ ] I would like my birth partner with me at all times, including in theatre where possible

BIRTH OF MY BABY

- [ ] I would like skin-to-skin contact immediately after birth
- [ ] My partner would like skin-to-skin if I cannot
- [ ] I would like delayed cord clamping
- [ ] My birth partner would like to cut the cord
- [ ] I plan to breastfeed and would like help with the first feed
- [ ] I plan to formula feed - please support me without judgement
- [ ] I would like the injection to deliver the placenta (managed third stage)
- [ ] I would prefer a natural, physiological third stage if it is safe

Plans for the placenta - cultural or personal wishes

IF PLANS CHANGE

If my baby or I need urgent help, I understand that plans may change quickly. Even then, please keep talking to me, tell me what is happening, and involve my birth partner.

Anything else I want my team to know