

# BIRTH PLANNING

I recommend you write a birth plan, I know some people may have told you not to bother; that it's pointless. But to me it's a really important part of preparing for **different birth scenarios**.

Mentally considering what will help you in labour, what's important to you, what your preferences are and thinking through what will happen if plans change is an important mental rehearsal.

Everyone's plan will be different, so although there are a few included here to give you some ideas, your plan may be completely different, there's no right and wrong plan, it's the plan that's right for you that matters most. Creating a plan during pregnancy gives you the chance to research, ask questions and think things through, rather than having to make decisions during labour.

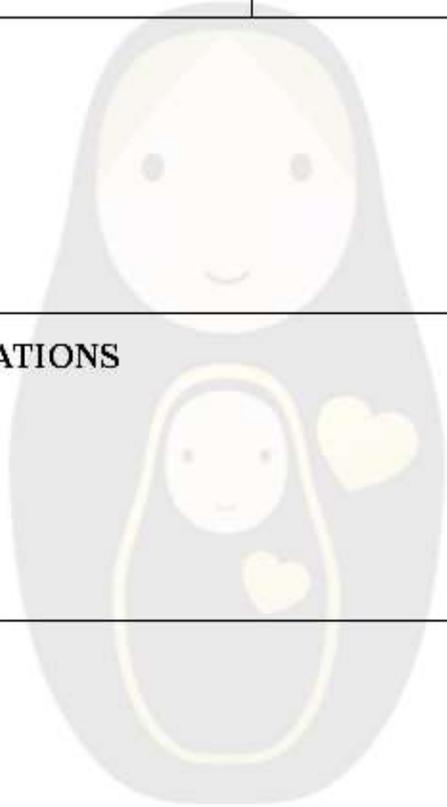
If you have any questions as you work through this please ask, I can point you in the direction of resources and references for the relevant points. There is a blank template on the next two pages, but there are also a printable A4 version in the SONA Mum Facebook Group. You will also find more examples of birth plans in the social learning units in the Facebook Group.

SONA

# BIRTH PLAN

**NAME:**

<p><b>BIRTH PARTNER(S):</b></p> <p><b>ESTIMATED DUE DATE:</b></p> <p><b>PLACE OF BIRTH:</b></p>	<p><b>IMPORTANT INFORMATION</b></p>
<p><b>ENVIRONMENT</b></p>	
<p><b>MONITORING &amp; EXAMINATIONS</b></p>	
<p><b>COMFORT MEASURES</b></p>	
<p><b>SECOND STAGE - BIRTHING</b></p>	
<p><b>THIRD STAGE - PLACENTA</b></p>	



SONA

# BIRTH PLAN

NAME:

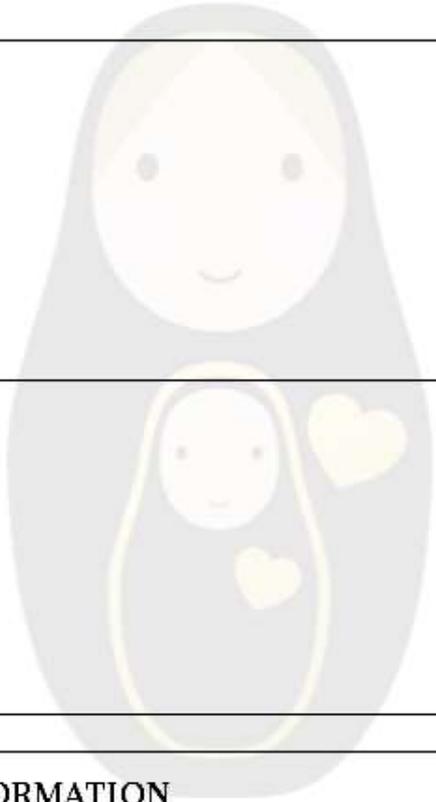
ASSISTED BIRTH

INDUCTION

CAESAREAN BIRTH

POST-NATAL CARE / INFORMATION

ADDITIONAL INFORMATION



SONA

# BIRTH PLAN

**NAME:** Sample Mum 1

<p><b>BIRTH PARTNER(S):</b> Sample Partner 1 (Husband)</p> <p><b>ESTIMATED DUE DATE:</b> 13/3/15</p> <p><b>PLACE OF BIRTH:</b> Montrose Maternity Unit</p>	<p><b>IMPORTANT INFORMATION</b></p> <p>We are using hypnobirthing so would appreciate the use of gentle language: Surge instead of contraction and comfort level instead of pain.</p>
<p><b>ENVIRONMENT</b></p> <p>We have selected Montrose because a calm and homely environment is very important to us.</p> <p>If we move to a different venue we would like dim lighting, a quiet room – to be as undisturbed as possible.</p> <p>We plan to stay home for as long as possible.</p>	
<p><b>MONITORING &amp; EXAMINATIONS</b></p> <p>I would like to avoid vaginal examinations unless I request one.</p> <p>I would prefer to have intermittent monitoring unless there is a concern for baby. If continuous monitoring is truly necessary it is still important for me to be able to move position freely and keep active, if that feels good for me.</p>	
<p><b>COMFORT MEASURES</b></p> <p>I would love to use the pool in labour and for birth.</p> <p>Please do not offer pain relief medication unless I ask for it.</p> <p>Movement is very important for me in labour, if not in the pool I would like the use of a birth ball and mats.</p>	
<p><b>SECOND STAGE – BIRTHING</b></p> <p>It is important for me that this part of my birth is quiet, calm and mother-led, as long as baby is well (This is partly due to my first birth experience which involved unnecessary coached pushing and stress). I would like to give birth in the pool if I feel comfortable there.</p>	
<p><b>THIRD STAGE – PLACENTA</b></p> <p>If baby and I are well I would like to deliver the placenta naturally. If there are any concerns I am happy to have the injection to deliver the placenta. I am happy to deliver the placenta in the pool or using a birthing stool if available. We do not wish to keep the placenta, but would like to see it.</p> <p>Optimal cord clamping is very important to us. Partner to cut the cord.</p>	

## **BIRTH PLAN**

**NAME:** Sample Mum 1

### **ASSISTED BIRTH**

We are happy with assisted birth if it clinically indicated as necessary.

I would prefer ventouse.

It is still important to us to have a calm and peaceful environment if possible and to listen to relaxation tracks/music.

### **INDUCTION**

Unless there is a true medical indication, I do not want to be induced until 10 days past my estimated due date. At that point we will be happy to discuss our options.

I would prefer the Cook Balloon method and to go home during this phase.

Movement and using hypnobirthing is very important to us, please do not offer pain relief unless I ask for it. A dim-lit calm environment is very important to us.

### **CAESAREAN BIRTH**

If a planned Caesarean is agreed we would like to request a gentle section, to have drapes lowered to see baby emerge, have skin to skin as soon as possible.

Optimal cord clamping is very important to us. I would like to be told what's happening during the procedure. Having my birth partner with me for as much as possible is very important.

### **POST-NATAL CARE / INFORMATION**

We are planning to breastfeed again, feeding went well for me following my previous birth and I may tandem feed.

Vitamin K drops for baby (not injection) unless assisted birth/Caesarean when we would prefer injection.

We will be using cloth nappies with our baby from birth.

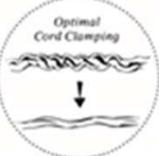
I would like to go home as soon as possible.

### **ADDITIONAL INFORMATION**

Following the experience in my first birth, it is very important to me that I understand why things are happening and/or being offered.

# BIRTH PLAN

**NAME:** Sample Mum 2

<p><b>BIRTH PARTNER(S):</b> Sample Partner 2 (Husband) and Sample Partner 3 (Mum) <b>ESTIMATED DUE DATE:</b> 12/10/18 <b>PLACE OF BIRTH:</b> Aberdeen Midwife Maternity Unit</p>	<p><b>IMPORTANT INFORMATION</b> Hypnobirthing Allergic to Latex</p>
<p><b>ENVIRONMENT</b></p>	
  	
<p><b>MONITORING &amp; EXAMINATIONS</b></p>	
  	<p>I am happy to have regular vaginal examinations but please be encouraging with your language, i.e. avoid 'only / still just 5cm' etc.</p>
<p><b>COMFORT MEASURES.</b></p>	
  	<p>Other than gas and air, please do not offer pain relief medication unless I ask for it.</p>
<p><b>SECOND STAGE – BIRTHING</b></p>	
 	<p>Don't tell me when to push unless there is a concern for me and / or baby or I am asking for guidance.</p>
<p><b>THIRD STAGE – PLACENTA</b></p>	
   	

# BIRTH PLAN

**NAME:** Sample Mum 2

## ASSISTED BIRTH



Please explain to us why it is necessary.  
Ventouse preferred over forceps.

## INDUCTION

We are happy to have induction if baby has not arrived at 41 weeks.

## CAESAREAN BIRTH



## POST-NATAL CARE / INFORMATION



## ADDITIONAL INFORMATION

