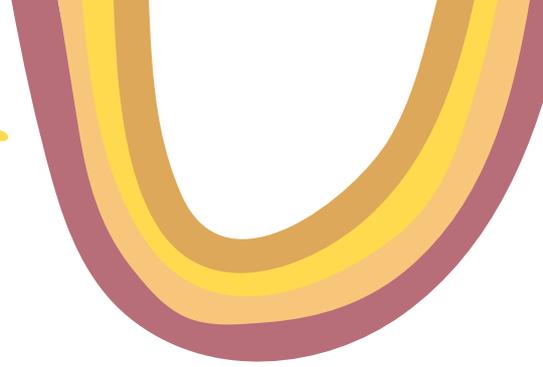


EXAMPLE

Birth Plan



Birth Partner

My **birth partner** is ...

This is our first baby and we have had an uncomplicated pregnancy. We hope for a water birth with minimal interventions (only when absolutely medically necessary). We have taken **hypnobirthing classes** and have tools to help us have a positive birthing experience. The following preferences are important to us however we birth our baby, so we would like them to be at the forefront of our care. Thank you.

Environment

We **would like**

- the birth environment to be as relaxing as possible.
- dim lighting, use of my aromatherapy oils, to be mobile and to listen to my music/Hypnobirthing MP3s.
- the word 'pain' to be avoided and the language used to be positive, we will be also using the word 'surge' rather than 'contraction'.
- minimal talking in our birth space.
- to have as much privacy as possible during labour and birth. No students please.

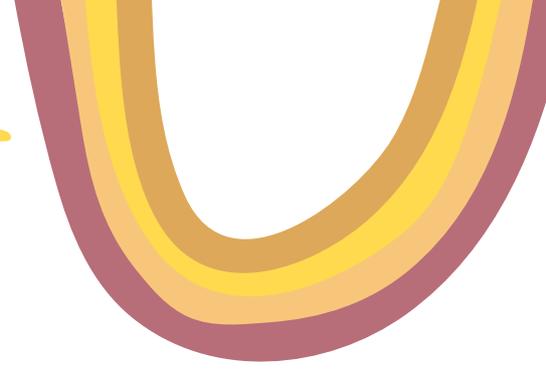
Managing Surges

- We have hired a tense machine.
- We intend to use massage and relaxation techniques, please remind me of my breathing if needed.
- I would like to use a birthing pool and Gas & Air to manage sensations. If a pool is unavailable I'd appreciate the use of a bath or shower.



EXAMPLE

Birth Plan



Monitoring and interventions

- I do not want routine vaginal examinations.
- Where possible we would like to rely on intermittent foetal monitoring.
- In the event of interventions being suggested, I'd like my birth partner (...) to be informed of the reasons why in the first instance. We would like time to consider risks, benefits and alternatives where possible.

Birth

- I would like to give birth in the pool maintaining active positions.
- I intend to breathe my baby down and any pushing will be mother directed. Please no coached pushing.
- Either myself or my birth partner (...) would like to catch our baby when born and reveal its gender.
- We would like optimal cord clamping until the cord stops pulsing and goes white. We would like our cord tie to used rather than a hard plastic clip.
- My birth partner (...) would like to cut the cord.
- I would like to have a natural 3rd stage and the injection to be only used if medically necessary.

Care of our baby

- We would like at least an hour of skin to skin contact with the baby. Weighing to be delayed.
- I intend to breastfeed baby as soon as our baby would like to and I would be grateful of hands-off encouragement.
- We would like a vitamin K injection for our baby.

