

What's my birth plan?

Giving birth doesn't have to be daunting, so it's important to have an easy birth plan to help the day go as smoothly as possible. See our birth plan guide below.

- ☐ Consider where you'd like to give birth. Home, hospital or birth centre.
- ☐ Consider what kind of pain relief you'd like, if any.
- ☐ Consider how you want to deliver your baby.
- ☐ Talk to your midwife about skin-to-skin after birth.
- ☐ Talk to your midwife about lotus birth – keeping placenta attached to baby once delivered.
- ☐ Talk to your midwife about interventions like ventouse and forceps.
- ☐ Consider where and how a birth partner can give support.
- ☐ Share the birth plan with the birthing partner – maybe they can help write it.
- ☐ Consider any equipment you might like to use during labour: mats, beanbags, bars, balls, stools and so on...
- ☐ Think about whether a water birth is an option.
- ☐ Talk to your midwife if you have questions about caesarean sections.
- ☐ Discuss how baby will be monitored during labour.
- ☐ Discuss any other birth plan preferences with your midwife.
- ☐ Keep an open mind about all forms of delivery. What matters most is for mum and baby to be healthy.