



# My birth plan

Use the birth plan to write down what you hope for during labor and delivery. You can share it with your support person, the hospital or birth center, and your doctor or midwife.

Name: \_\_\_\_\_

Partner's name: \_\_\_\_\_

Doctor or midwife's name: \_\_\_\_\_

Today's date: \_\_\_\_\_



**This birth plan is a guide for labor and delivery. Since childbirth doesn't always happen as expected, some things in this plan might change.**

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## Place and people

I would like to have my baby:

- In a hospital: \_\_\_\_\_  
(name, phone number)
- In a birthing center: \_\_\_\_\_  
(name, phone number)
- At home

I prefer my baby to be delivered by:

- My family doctor: \_\_\_\_\_  
(name)
- My obstetrician: \_\_\_\_\_
- My midwife: \_\_\_\_\_
- My perinatologist: \_\_\_\_\_

I'd like these people with me during labor and birth:

- Partner: \_\_\_\_\_  
(name)
- Friend(s): \_\_\_\_\_
- Family: \_\_\_\_\_
- Doula: \_\_\_\_\_

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## During labor

- I'd like to go back home if I'm not in active labor

After I've been admitted, I'd prefer:

- To eat if I want to
- To walk and move around if possible
- To drink clear fluids instead of having an IV

**I'd like to try:**

- A birthing chair
- A birthing stool
- A squatting bar
- A birthing tub or pool

**When the time comes to push, I'd like to:**

- Be guided on when to push and for how long
- Push when I feel I need to

**I prefer these positions:**

- Half lying down (semi-reclining)
- Squatting
- Lying on my side
- Whatever feels best at the time

**For pain relief, I'd like to use:**

- Acupressure
- Breathing techniques
- Self-hypnosis
- Massage
- Other: \_\_\_\_\_
- Medicine
- Please don't offer me pain medicine unless I ask for it

**If I choose pain medicine, I prefer:**

- Epidural anesthesia

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**Local anesthesia**

- Pudendal or paracervical block
- An opioid

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**Birth**

**I would like to:**

- Avoid an episiotomy if possible
- See the birth using a mirror
- Keep the room as quiet as possible
- Keep the lights dimmed
- Avoid having a C-Section unless medically necessary

**After the birth, I'd like to:**

- Hold my baby right away, before any non-urgent procedures
- Breastfeed as soon as possible
- Have my partner cut the umbilical cord

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**C-section**

**If I have a C-section, I:**

- Would like to see my baby coming out
- Want my support person there with me during the operation

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**After the birth**

**After my baby is born, I'd like to:**

- Have my support person with the baby when I can't be
- Stay in a private room
- Have my support person stay with me in my room
- Breastfeed only
- Bottle-feed with formula only

**Please offer my baby:**

- Formula
- A pacifier
- Nothing without my permission

**I'd like my baby to be:**

- In my room 24 hours a day
- In my room only when I'm awake
- With me only for feeding
- With me based on how well I feel

**If I have a baby boy:**

- I'd like him circumcised at the hospital
- I'll have him circumcised later
- I will not have him circumcised
- I'll decide about circumcision later