



How to Write Your Birth Plan

& Free Birth Preference Template + Example





One

Begin to envision your dream birth. What does it look and feel like? How is the atmosphere? What does the environment look like? Who is there with you? What do you hear? Smell? See? How is the lighting? How much space do you have to move around? Can you make noise? Play your own music? Eat and drink whenever you want?

Write down how you wish it would be. Include your 5 priorities in birth. Do you have any unique wishes, include them. Are there specific things you want to avoid during your birth, write it down.

This will be your your image to come back to as you write your Birth Plan.





Two

Make sure you involve your partner and others in the birthing room, be it a friend, family member, or doula.

Also include your healthcare provider well in advance, eliminating the need to make critical decisions or explain preferences in the heat of the moment.

Discussing preferences in advance not only helps process them but also ensures everyone is on the same page. If not, and you're not willing to compromise with your healthcare provider, you'll have time to find one who supports your preferences.





Three

Now dive into the common topics and routine interventions by reading and researching them. Find out what the pro's and cons are. Find a moment and reflect on them. How do you feel about it? What are your preferences? Does this fit the picture you sketched of your dream birth?

If you have questions or there is a topic that stays unclear to you make sure you get the right information to be able to make the choice that best fits you, your family and your circumstances.

If you don't find the answers you are looking for, reach out to me and book a 1:1 Birth Plan Meeting!





List common topics and routine interventions

Do you want:

- To be able to eat and drink or not?
- To be able to move or not?
- Assume birthing position of choice or on back in bed with stirrups?
- Be free to change positions or not?
- To wear a hospital gown or your own clothes?
- To be able to make noise or doesn't it matter?
- Dimmed light? To be able to adjust temperature? The ability to play own music
- To make a birth video birth photos or no need?
- Rigid guidelines like the Friedman Curve or to allow for the natural wide variations in birth, if all is well.
- To start labour with natural means or with medical augmentation of labour?
- To have a routine IV and saline locks or be free of it?
- Continuous or intermittent fetal monitoring?
- Vaginal Exams? Or not? Determine frequency.
- Artificial breaking of water or allowing it to release spontaneously?





List common topics and routine interventions

Do you want:

- Medications for pain relief or natural methods?
- Routine episiotomy or allowing your body to stretch and, maybe tear, naturally?
- Mother directed birthing or active management of labour?
- To allow for the resting phase between being fully dilated and the urge to push?
- To deliver naturally, forceps or vacuum-assisted birth?
- To complete birthing before suctioning baby or no suctioning of baby
- Baby to remain with parents at all times.
- Immediate skin on skin with your baby or can they take the baby for exams including weighing
- Immediate breastfeeding to assist in natural placenta expulsion or no breastfeeding?
- Your baby to have vitamin K injection, drops or nothing?
- Your baby to receive prophylactic eye medication or not?
- Your baby to receive Hep B vaccination or to decline Hep B vaccination?






This was a glimpse into what your Birth Plan should cover, a sneak peek from my 1:1 Birth Plan Meeting.

If you need more guidance then book the meeting and we will delve into these topics together. Providing you with a comprehensive list of interventions with risks and benefits, guiding you to more research articles if needed, empowering you to make informed choices.





Start shaping your positive birth experience!

 Ready to put pen to paper? Fill out the form, and I'll promptly send you the FREE Birth Plan template of your choice plus a helpful example!

If you like more guidance consider booking the exclusive 1:1 Birth Plan Meeting.

Enjoy creating the birth you envision!

