

# Birth Plan

Name

Birth Partner Name

## Important things to know about me:

I'm Feeling Excited For Birth

This is My 3rd Baby



Consent is Important, Gain My Permission Before Any Procedure

Vaginal Birth



NO Vaginal Exams



## Environment:

Home



Dim Lighting



Talking to be kept to a minimum



Music Playing

DO NOT DISTURB

## Comfort Levels:

No Pain Relief Unless I Ask For it



Gas & Air



Water Birth



## During Active Labour:

Free To Choose My Own Positions



Midwife to ask before Listening to Babys Heartbeat



I will be eating and drinking throughout



Hands Off / Midwife in Background



Hypnobirthing



# Birth Plan

## The Birthing Bit:



## After Baby is Born:



## Notes for birth partner: