

Birthjourneys Midwifery



Birth Plan

I appreciate birth is unpredictable, and that sometimes events require a change of mind. I'll be happy for you to share your advice, experience and information along the way, so that I can make the best decisions for myself and my baby.

My name is...

My partner's name is...

Contact number...

Please note, I have GBS/ diabetes/ allergies/ needle phobia/ specific medication/ rhesus negative/ SPD

Further details...

<p><u>Pain relief</u> I may consider: Paracetamol <> Heat pad <> Entonox <> Meptid/Pethidine <> Water <> Epidural <> Staying mobile <> All of the above <> I am providing... TENS <> Massage <> Aromatherapy <> Hypno-birthing <> Acupuncture <></p>	<p>I would like more info on...</p> <p>Please don't suggest pain relief to me while I labour <></p> <p>I am also considering....</p>
<p><u>Birth Partners</u> Loved one <> Mother <> Sister <> Friend <> Independent midwife <> Doula <> Alternative therapist <> Our children (we have a carer arranged in case of emergency)* <> Community midwife <></p>	<p>My partner is likely to be...</p> <p>..very involved. Please help them feel useful <> ...wanting a safe distance <></p> <p>I am happy for midwifery students <> People I absolutely do not want with me...</p>
<p><u>Respectful care</u> I think I'll be quite relaxed <> I'd like people other than my known, immediate care givers to ask before entering my space <></p> <p>Exposing myself is a BIG issue <> It's important to me that I understand and give informed consent to all procedures <></p>	<p>Psychological issues or triggers you should be aware of.....</p> <p>If events require change of mind, please tell us our options, and how much time we have in order to make decisions <></p>

<p><u>Events in Labour</u></p> <p>Augmentation: I may consider speeding up of labour. Please discuss <> I want us to try all the tricks in the book, before augmentation <></p> <p>Fetal monitoring: Continuous monitoring is reassuring for me <> If there are no risk factors, I would like intermittent monitoring <> I see monitoring as invasive, so please ask for my thoughts <></p> <p>Rupture of membranes: If it might delay further intervention, please discuss breaking my waters <> If progress is normal, please don't break my waters <></p> <p>Third stage: Please wait before clamping and cutting my baby's cord <> I'd like your help with delivering my placenta with hormone injection <> I would like to birth my own placenta naturally <></p> <p>Perineal care: If an episiotomy is essential for the safety of my baby, please ensure adequate anaesthetic and ample reassurance <> I would like a warm compress <> Please help me move off my back/bottom to birth my baby <></p>	<p>Should this look advisable, I would like more information on....</p> <p>Vaginal examinations are: Reassuring and informative <> Necessary but invasive <> A REAL issue <></p> <p>Birth of my baby: If events are straightforward, I might like to guide my baby onto my tummy <> I am happy for my partner to be 'hands on' <> Please tell me it's ok to see or touch my baby's head when it's visible <></p> <p>Placenta: Please dispose of it for me <> I'm happy for it to be used in any research <> I shall be collecting cord blood (I have independently arranged for its harvest and collection) <> I'd like to take it home <> I have brought freezer packs for it to be stored for encapsulation <></p>
<p><u>Feeding baby:</u> I'm aiming to fully breastfeed <> I'm aiming to fully bottle feed <> I'm happy to view an initial breastfeed as part of the birth process <></p>	<p>I have expressed colostrums already <> I'm eager for support, but feeling very shy/unsure <></p>
<p><u>Baby care:</u> I'm aiming for uninterrupted skin to skin contact <> If I don't feel able, please support my partner to provide skin to skin contact <></p> <p>I would like my baby to have Vitamin K by injection <> I'd prefer my baby to have oral Vitamin K <> I don't want my baby to have Vitamin K <></p>	<p>I've read about 'seeding'. If I require a C Section, I would like this for my baby <></p> <p>I have a cord tie, rather than a clamp to use on baby's cord <></p>

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