



You have so much to think about and prepare for the birth of your baby that we at Mama's Pilates™ want to support you in any way we can. We've designed this birth plan to help you think about and create the type of birth you hope to have. Check out our other handout on Creating your Birth Environment and C Section as they will also help you in reaching decisions. You may also find it useful to talk through your hopes and your fears with your partner, your midwife, your antenatal teacher or anyone else who may be present when you give birth. Read through the different options and scenarios we have suggested; delete what is not appropriate to you (although you may want to have contingency plans in place if your care plan has to change on the day). If you are not familiar with some of the terminology we have used here then please talk through your options with your midwife or antenatal educator. You may have some thoughts and ideas of your own so do add to the plan to make it yours. Feel free to move around the suggestions from one category to another if that makes the birth plan flow for you. This birth plan is not suitable for those who are choosing to have a C section unless you are having a VBAC or trial by labour. Please refer to our C section birth plan and it may be useful for you to create a birth plan for C section in case of an emergency.

Remember you are going into the unknown with a great many variables but you are a strong and capable woman and like many women before you, you can do this. Your body is designed for it!!

"If a woman doesn't look like a goddess in birth, then someone isn't treating her right" Ina May Gaskin



Name:

Birth date:

EDD:

Birth place:

My/Our ultimate aim is to have a safe and healthy birth experience for both mum and my/our baby. I/We value and appreciate your guidance and expertise and request balanced advice so I/we can make informed decisions. I/We will not take any risk with our baby but prefer my/our birth to be as natural as possible.

BEFORE THE BIRTH OF MY BABY

HOME BIRTH

I/We have planned a homebirth but if for some reason my/our circumstances change I/we are open to other options. I/we would like to be fully informed and in agreement with any changes

Health care practitioners will be able to park at

There is no need to ring the doorbell, the door will be open

Please knock quietly on the door before entering our home

I/We are planning at homebirth with a water birth

My/Our birth may be underway so please speak quietly so I can focus on myself and my birth partner will talk to you if necessary on my behalf

I/We are planning to give birth in the ...room but we may also use theroom

There will be refreshments available for everyone in the.... room and please can people help themselves

I/we would like dimmed lighting/music/scents/candles and other aids which we have organised beforehand to help our birth

There will/not be a bright angle poise light available for the midwife

There will be a small hand mirror so I can see my baby crowning

I/We have other children who may/will not be present at the birth of their sibling

My/Our children will have someone to care for them and who is responsible for them

I/We have agreed that my/our children are free/not free to come in and go out of the room as they wish during the birth

I/We have agreed that my children are free/not free to observe the birth and that their carer is responsible for them

I/We would like in the case of an emergency for the medical team to be supportive and encouraging and my birth partner to accompany me in the ambulance

MIDWIFERY CENTRE/HOSPITAL BIRTH

Is there a possibility of having a real hospital tour rather than a virtual one?

How do I/we know when to come to hospital? At what stage should my labour be?

When I/we first arrive where do I/we go, where do we park and what doors should I/we use?

Will the team of professionals be respectful and follow my/our birth plan as much as is possible?
What will happen to me/us when I first arrive? Do I have any checks?
If there is any research that you would like me to participate in I would like full details of this research in advance or I prefer not to be involved in any research
I/ we prefer not to have student doctors or midwives present at my/our birth or I/we am/are open to having student doctors or midwives present at our birth
I/we would like to prepare the room to suit our ideal birth environment
We plan to bring comfort aids with us to make our stay more homely
We plan to bring our own sheets/birth ball etc
We plan to take photographs/video the birth
DURING THE BIRTH OF MY BABY
PAIN RELIEF
I would like to use gravity, water and breath as pain relief/I would like to use acupressure/ I would like to use homeopathy/I would like to stay upright, forward and open as much as possible
I have a birth pool and I would like to use it in the first/second/just before birth stage. Please inform me of the hospital policy on birth pools in advance of the birth
I would like to use massage/ moving my pelvis/moving into different positions/using the birth ball/using the bed to help me
I would like to hear words of love, support and encouragement
I would like to use a TENS machine/entonox/pethidine/an epidural but before my birth I would like to discuss the pros and cons of using these
I prefer to use positions where my pelvis is open like squatting and all fours to help my baby in its journey
FIRST STAGE
I would prefer not to lie down to be monitored
I prefer to have continuous monitoring only in the case of my baby or I having health problems or issues
I would prefer that monitoring be kept to a minimum unless you are concerned about the baby
I prefer to have a mobile monitor
I prefer to have the room quiet and with low lighting
I prefer people to talk in low voices so I can focus on myself
I/we prefer that people entering and leaving the room be kept to a minimum and do so quietly
I prefer to be able to change positions and find the best positions for myself but I am open to suggestions and help
I prefer to rest between contractions
I have been practising my breathing and relaxation techniques and would appreciate you reminding me
If I have to take any medication I would prefer to know the side effects for both myself and my baby before I take it
I/we would like any interventions for example breaking the waters, to be kept to a minimum but if an intervention is necessary I/we would like to be fully informed about it

I would like to be able to eat light snacks and drink
Your experience and advice is welcome and I am open to different options should we need to change the plan but I/we would like to discuss them and agree them
TRANSITION
I prefer to be on all fours/kneeling and forward leaning/upright/side lying for this stage
I prefer to stay centred on myself and my breathing
I would appreciate your support and reassurance
I prefer there is no one coming and going into the room
SECOND STAGE
I prefer to find my own positions for pushing like all fours, upright and open pelvis but I am open for advice
If my baby is coming too quickly I would appreciate your guidance and help my baby to slow down and give myself time to open more
I would like to hear words of love, support and encouragement
I have been practising my breathing and relaxation techniques and would appreciate you reminding me
I would like to know/not know when my baby's head is crowning
I prefer not/ to see the baby's head in a mirror
I would not/like to feel my baby's head as it is crowning
I prefer to have a small natural tear over an episiotomy but I would prefer an episiotomy over a larger tear. Please help me with this
If my care plan has to change and I have to have an assisted delivery please inform me/us in advance to give me/us time to prepare and agree
I/we prefer my birth partner to be by my side/ towards my head/watching the birth
When my/our baby is born I/we prefer to discover my/our child's gender by ourselves
When my/our baby is born I prefer my baby is placed on my tummy to find its own way to the breast with the cord still attached and pulsating
When my/our baby is born I prefer my baby is given to me to hold straight away with the cord still attached and pulsating
I/we/my birth partner would like to cut the cord when it has stopped pulsating
I/we prefer you to cut the cord
I would/not like syntometrine for third stage
THIRD STAGE
I/we prefer to encourage my/baby to suckle to encourage a natural third stage
I prefer a managed third stage / I prefer to have a natural third stage
I prefer cord traction only if syntometrine/ergometrine has been given otherwise I prefer a natural third stage
If you feel it is necessary to prevent a haemorrhage or there are signs of haemorrhage I will take advice about ergometrine injection
AFTERCARE
If tearing occurs and stitching is optional I prefer to let the body heal naturally/to be stitched
If tearing occurs and stitching is necessary I prefer to have a local anaesthetic well in advance of the stitching

I prefer to have an experienced health professional do the stitching and not a junior doctor or trainee

IN CASE OF EMERGENCIES

If you are concerned during the birth that things are not progressing as they should, I/we prefer that you share your concerns with me/us so that we have time to talk about any suggestions you have. I/We would ask you to

1. Tell us what is happening and what your concern is
2. Tell us your suggestion and your reasons for suggesting it
3. Tell us if there are any adverse reactions to your suggestions like side effects for my baby and I to any suggested medication
4. Tell us what is likely to happen with this intervention and what is likely to happen if we don't have this intervention
5. Tell us if we have the opportunity to wait and see or if the baby is in need of more urgent help
6. Tell us if there is any other course of action available to us
7. Give us time to talk about it and reach a decision

Finally

We would like to thank you for your care and professionalism and your vital role in what we hope to be an amazing experience in our life and our baby's birthday. We know that it's our baby's journey too and that things may not always go to plan but we thank you in advance for a relationship of mutual trust and support.

Insert your name(s) here