

Name: _____

My Birth Preferences

A birth plan is a document that lets your caregivers know your preferences for your labour and delivery. It simply states what you would like to have happen and what you would like to avoid. It isn't so much a "plan" but a tool to communicate your wishes to your caregivers. Check the following questions that are important to you. You can use it to write your Birth Preferences. Make sure it is simple and easy to read. Remember to pack a few copies to bring along to the hospital.

Before Birth

- Would you like to give birth with or without an epidural? If you are planning to give birth without an epidural, you can ask the medical staff not offer you one unless you ask.
- Are you okay with medical students being present during your labour and delivery?
- Would you like to wear your own clothes during labour?
- Do you prefer a dimly lit room with the blinds drawn?
- If possible, would you like to avoid Pitocin? (Pitocin is given through an IV. It is used to make contractions more powerful)
- Would you like your water to break on its own?
- Would you like to use a birth ball, birth bar or birth chair during labour?
- Would you like to be able to move around as much as possible during your labour?
- Would you like medical staff to help you find effective positions for labour and delivery?
- Would you like the medical staff to offer suggestions to your partner so he/she can better help you during labour and delivery?
- Would you like to eat during labour if you're hungry?
- Would you like to avoid tearing or an episiotomy? You can tell your care provider you do not want an episiotomy. You can also ask your care provider to utilize warm compresses or counter pressure during crowning.
- Is English your first language? If not, would you like to request a translator be present during your birth?

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After Birth

- If possible, would you like to have your baby placed skin-to-skin on your chest immediately after birth?
- If possible, would you like your baby to be held by either you or your partner during any medical procedures?
- Are there any medical procedures you want, or want to avoid, for your baby?
- In the event that you cannot hold your baby immediately, do you want your baby to be placed on your partner's bare chest?
- Would you like your baby checked for a lip tie or tongue tie?
- Would you like information or help with breastfeeding?

Additional Thoughts:

Name: _____

My Birth Preferences

Your name:

Partners Name:

During labour

I would prefer.....

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After birth

I would prefer.....

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