

# birthmatters

AT THE START OF FAMILY LIFE



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

### **Template Birth Plan for Hospital Birth**

This template birth plan includes a wide range of preferences for the birth of your baby. Some may not be relevant to your circumstances e.g. presence of students in a non teaching hospital, and there may be other areas which you don't wish to include. There will probably be some aspects not covered which you wish to add.

It is important to create your personal birth plan. So use this document for ideas, make as many changes as you wish, and share it with the people who will be present when you give birth. You may find it helpful to discuss it with your birth partner if you plan to have one, so they can support you in achieving the birth you want.

#### **Before our baby's birth**

If there is any research you would like me to participate in please provide details as far as possible in advance of the birth / I prefer not to be involved in research.

I am planning a vaginal hospital birth without intervention / caesarean section, but, should circumstances dictate, I am willing to consider other options so long as I am fully informed of the advantages and disadvantages.

#### **During our baby's birth**

##### **1<sup>st</sup> Stage**

I would like to remain at home for as long as I feel comfortable. I would like to be attended by the community midwife at home. / I would like to attend the hospital as early as possible.

##### **In Hospital:**

I would like my husband / partner / doula / friend / children to be present

I would like my privacy and dignity to be respected at all times

I would like to remain as active as possible, finding the best positions for myself and changing these as I wish.

I would like to try and rest between contractions where possible.

# birthmatters

AT THE START OF FAMILY LIFE



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I would like monitoring of the baby to be kept to a minimum unless there is cause for concern.

I would like any proposed intervention e.g. breaking waters, acceleration, ventouse, to be explained and discussed first, and ideally to be kept to a minimum.

I would like information about any proposed medication before receiving it, including the purpose, potential side effects on me / the baby and options on timing e.g. before or after the baby is born.

Pain Relief - I would like to cope without pain relief / I would like to use entonox / TENS machine / homeopathic pain relief / pethidine/epidural

I would like to use massage / move around / bathe / be given lots of support to help with this.

I would like to use water birth pool I wish to use for 1<sup>st</sup> / 2<sup>nd</sup> stage

I plan to use an 'all fours' / squatting / other / position to help with pain relief.

Advice will be welcome, and I am open to considering other pain relief options if necessary.

### **Transition**

I wish to be very centered on myself at this stage and to have no intrusion.

Gentle support and firm guidance will be appreciated.

Information on progress and caring support will be helpful.

I will probably be in an all fours / upright / semi reclining position

### **2<sup>nd</sup> Stage**

I would like to find my own comfortable position for pushing. This is likely to be an all fours / upright / semi reclining / ... position especially if things are progressing quickly.

I wish to know when the head is crowning

I wish to feel the baby's head / see it in a mirror

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I will appreciate firm advice and guidance at this time to guard against too quick a delivery giving the perineum time to fan out thus (hopefully) preventing a tear.

We plan to take photographs / video the birth

I do not wish to have an episiotomy unless vital and I or my partner agree / I prefer an episiotomy to a tear.

I wish the baby to be delivered onto my tummy / I wish to hold my baby straight away / I wish for the baby to be washed and then given to me.

We would like to discover the sex of our baby ourselves

I wish the cord to remain attached until it stops pulsating

My partner would like to cut the cord

I wish the baby to suckle to encourage 3<sup>rd</sup> Stage.

### **3<sup>rd</sup> Stage**

I wish to have an actively managed 3<sup>rd</sup> stage / I wish to deliver the placenta physiologically

I only wish cord traction to be used if syntometrine has been administered.

If there are signs of haemorrhage then I will have IV ergometrine as necessary.

We would like to hold our baby immediately / we would like the baby to be washed first

We would like our baby to stay with one of us at all times

We would like to be left alone with our baby

We would like to see the placenta and have it explained to us

We would like to be consulted if our baby needs to go to special care

Multiple birth – We would like both/all of the babies to be taken to special care together / If one baby needs special care and the other(s) don't we would like the well baby(ies) to stay with us until we go

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I wish to breast feed as soon as is appropriate

We do / do not consent to Vitamin K injection

### **Tears**

I hope to avoid this and will appreciate support to adopt positions to minimise tears. If one occurs I would prefer not to be stitched unless it is essential to healing / I prefer to be stitched

If stitching is necessary I do want a local anaesthetic to be well administered prior to stitching.

### **Emergencies**

I or my husband / partner will discuss all eventualities as they arise. Please share any concerns with us as soon as they arise. It will help us to know the answers to these questions:

1. What is wrong?
2. What do you suggest and why?
3. What would be the possible outcomes with and without this intervention?
4. How much time do we have to make a decision?
5. Are there any other courses of action open to us.

We will be guided by balanced, informative advice. We want a healthy baby and mother and will take all necessary steps to achieve this.

In the event that assisted delivery is necessary I prefer ventouse to forceps.

In the event that a caesarean section is necessary I would like to have a spinal / general anaesthetic.

### **In the post-natal ward**

We do not want our baby to be given any artificial milk

I intend to bottle feed on demand / I intend to breastfeed on demand

I would like our baby with me at all times unless I request otherwise

I would like to be present when our baby has a nappy change or bath

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We would like our other children to visit as soon as possible after the birth

I would like to be consulted as to when I should be discharged from hospital

**Any Other Comments:**

This is a sample birth plan and should be adjusted to meet the needs of each individual couple.