



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

### **Template Birth Plan for Home 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 theatre, 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.

Some of the terminology may be unfamiliar. Do ask your Midwife, other health professional, or antenatal teacher to provide you with more information.

#### **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 have planned a home birth but should circumstances dictate I am willing to consider other options so long as I am fully aware of all the reasons/options and am in agreement.

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

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

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.

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

I would like intervention e.g. breaking waters, to be kept to a minimum.

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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

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

I have a water birth pool I wish to use for 1<sup>st</sup> / 2<sup>nd</sup> stage / until just before the birth

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.

### **Tears**

I hope to avoid this but 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

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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.

If we go to hospital I would like my husband / partner and you to be with me in the ambulance.

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

### **Birth Room(s)**

I intend to use the xyz room(s). The birthing pool will be in the xyz room.

There will be special lighting / music / scents.

There will be a bright, anglepoise lamp available for midwives use.

My child(ren) will have their own supporter and may pop in and out at appropriate times.

My child(ren) may want to watch the delivery - their supporter will be responsible for them.

It would help if midwives and supporters helped themselves to food and drink as required without asking. It will be available in the xyz room.

### **Any Other Comments:**

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

Some people may also wish to prepare contingency plans for a baby needing special care.