Birth Plan: Worksheet Style

A birth plan is a roadmap that can help you have a positive birth experience. This page can give you ideas for each question, so you can fill out your own plan in the spaces provided on the next page. Once you create your plan, share it with your labor support people and your healthcare provider before you go into labor.

You can also show it to your labor nurses at the hospital so they know what your goals are.

1. My most important goals for this birth:

- Consider what your general views are about childbirth and what you want to take away from your birth experience.
- Consider who you'd like to share your birth experience with.
- Consider how you'd like to handle pain.
- Consider how much mobility you'll want during labor.
- Consider the level of medical intervention you may want.

2. Things that will help me feel confident in achieving these goals:

- Consider who you'd like to help you achieve your goals and how they can help.
- Consider what helps you feel comfortable.
- Consider what preparations you will make ahead of time to achieve your goals.
- Consider what items you will need to pack in order to help you use the comfort measures you like.
- Consider how you can set up your environment to provide the best atmosphere.

3. My biggest fears:

- Consider what may hold you back from having your ideal birth experience. For instance, do you have concerns about your support people being available or the discomfort of labor?
- Consider how you would handle unexpected situations during labor. For instance, what if your healthcare provider suggests a medical intervention that you weren't expecting?

4. Things that may help alleviate my fears:

- Use this as a discussion starter between you, your partner, your healthcare provider, and your nurse to address your fears. For instance, what plans can you make to have a backup support person if that will give you peace of mind? Or, what conversations can you have with your healthcare provider ahead of time about medical interventions and your labor and birth preferences?

5. Things that will help me feel confident about breastfeeding, newborn care, and taking my baby home:

- Start a conversation about breastfeeding and your preference to have skin-to-skin contact with your baby after birth. Make your desires about breastfeeding clear and make sure to get the support you need from a lactation consultant.
- Talk about rooming-in options with your newborn and what support you'll need to help you feel confident about bringing your baby home, including learning about basic baby care.

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Birth Plan: Worksheet Style (continued)

This birth planning page will help you think carefully about what will help you have a positive birth experience. Fill out this page with your own wishes for your birth and share it with your labor support people and healthcare provider before you go into labor.You can also show it to your labor nurses once you arrive at the hospital so they know what your goals are for your birth.

My Name:_____ Due Date: _____

Main Labor Companion: _____

Other Support People I Would Like to Have at My Birth: _____

_____

_____

Healthcare Provider's Name: _____

1. My most important goals for this birth:_____

_____

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2. Things that will help me feel confident in achieving these goals: _____

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3. My biggest fears: _____

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4. Things that may help alleviate my fears: _____

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5. Things that will help me feel confident about breastfeeding, newborn care, and taking my baby home:_____

_____

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