**BIRTH PLAN TEMPLATE**

Feel free to cut and paste this birth plan template onto a word document for your own use. For more ideas on writing your birth plan click back to the [**Birth Plan**](http://reason8.com/upd8/FCKeditor/editor/info2.cfm?info_id=64042) page.

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**BIRTH PLAN FOR** *(insert your name)*

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| Place of Birth, First Preference *(Change this for each of your potential birth scenarios i.e. "Second Preference" etc.)* | *(i.e. home birth, birth centre, hospital etc.)* |
| Birth Companions | *List your partner, doula, midwife, children etc. Do you mind having a student present?* |
| Induction/Augmentation | *List your preference and non preferences:*  *- Artificial Induction or Augmentation*  *- Membrane Sweep*  *- Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc.* |
| Environment | *List your preference and non preferences:*  *- Music*  *- Chatter*  *- Calm atmosphere*  *- Lighting* |
| First Stage of Labour | *List your preference and non preferences:*  *- Eating/drinking*  *- Mobility*  *- TENS Machine*  *- Entonox*  *- Pethidine*  *- Epidural*  *- Water Pool*  *- Massage*  *- Aromatherapy/hypnobirthing/homeopathy*  *- Hot/cold packs* |
| Foetal monitoring / Vaginal Examinations | *List the type, if any, of foetal monitoring you prefer; Electronic or Doppler.*  *State your preference regarding VE (vaginal examinations).* |
| Second Stage of Labour | *List your preference and non preferences:*  *- Position*  *- Pushing*  *- Touching baby’s head*  *- Discovering the sex*  *- Photos* |
| Assisted Delivery | *List your preference and non preferences:*  *- Forceps,*  *- Ventouse*  *- Episiotomy*  *- Perennial massage/hot compresses* |
| Cutting the Cord | *List your preference and non preferences:*  *- How long would you like to wait after the birth before cutting the cord?*  *- Who would you like to cut it i.e. your partner?*  *- If you are planning a lotus birth, list that here.*  *- Would you like to keep the placenta?* |
| Third Stage of Labour | *List your preference and non preferences:*  *- Syntometrine*  *- Syntocinon*  *- Pulling on the cord etc*  *- Herbs/homeopathy*  *- Fundal pressure*  *- Breast Feeding* |
| Fourth Stage of Labour (postpartum) | *List your preference and non preferences:*  *- Bonding/skin to skin Immediately after birth*  *- Weighing, measuring, washing and dressing baby*  *- When would you like to shower or bathe?*  - *When would you like to eat or drink* |
| Baby Care | *List your preference and non preferences:*  *- Skin to skin contact*  *- Breast feeding*  *- Pacifiers*  *- Glucose water*  *- circumcision if the baby is a boy*  *- Vitamin K*  *- vaccinations* |

**In Case of an Emergency, Caesarean Birth or Sick Baby**

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| Advocate - In an emergency, if I am unable to speak for myself, I would like the following person to be my advocate. | *State who you would like to advocate for you in the situation that you are unable, i.e. your husband, doula, or midwife etc.* |
| Birth Companions | *List your partner, doula, midwife, children etc. Do you mind having a student present?* |
| Induction/Augmentation | *List your preference and non preferences:*  *- Artificial Induction or Augmentation*  *- Membrane Sweep*  *- Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc.* |
| Environment | *List your preference and non preferences:*  *- Music*  *- Chatter*  *- Calm atmosphere*  *- Lighting* |
| First Stage of Labour | *List your preference and non preferences:*  *- Eating/drinking*  *- Mobility*  *- TENS Machine*  *- Entonox*  *- Pethidine*  *- Epidural*  *- Water Pool*  *- Massage*  *- Aromatherapy/hypnobirthing/homeopathy*  *- Hot/cold packs* |
| Foetal monitoring / Vaginal Examinations | *List the type, if any, of foetal monitoring you prefer; Electronic or Doppler.*  *State your preference regarding VE (vaginal examinations).* |
| Second Stage of Labour | *List your preference and non preferences:*  *- Position*  *- Pushing*  *- Touching baby’s head*  *- Discovering the sex*  *- Photos* |
| Assisted Delivery | *List your preference and non preferences:*  *- Forceps,*  *- Ventouse*  *- Episiotomy*  *- Perennial massage/hot compresses* |
| Cutting the Cord | *List your preference and non preferences:*  *- How long would you like to wait after the birth before cutting the cord?*  *- Who would you like to cut it i.e. your partner?*  *- If you are planning a lotus birth, list that here.*  *- Would you like to keep the placenta?* |
| Third Stage of Labour | *List your preference and non preferences:*  *- Syntometrine*  *- Syntocinon*  *- Pulling on the cord etc*  *- Herbs/homeopathy*  *- Fundal pressure*  *- Breast Feeding* |
| Fourth Stage of Labour (postpartum) | *List your preference and non preferences:*  *- Bonding/skin to skin Immediately after birth*  *- Weighing, measuring, washing and dressing baby*  *- When would you like to shower or bathe?*  - *When would you like to eat or drink* |
| Baby Care | *List your preference and non preferences:*  *- Skin to skin contact*  *- Breast feeding*  *- Pacifiers*  *- Glucose water*  *- circumcision if the baby is a boy*  *- Vitamin K*  *- vaccinations* |