

# Birth Plan

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This birth plan represents my preferences and choices and I would like those caring for me to use this as a guide.

I acknowledge that birth is unpredictable and my wishes may change during my birth experience.

## **Birth support**

Who will be with you?

## **General**

Avoid/want intervention

To be consulted re. plan of care - give time to make decisions

## **Environment**

I would like to create a birth environment that is comfortable, relaxing, intimate and private:

Lighting

Music

Door closed

Avoid staff other than midwife entering the room; if staff need to enter the room - my midwife to inform me *before* they do so

Students?

Paediatrician?

## **First Stage**

Movement and positions

VEs

Routine obs

ARM

Pain Relief

Time Constraints

Foetal heart Monitoring

## **Second Stage**

Positions

Directed pushing

Time constraints

Foetal heart monitoring

Episiotomy

Hands on

Nuchal cord

Who catches the baby?

Who states the sex of the baby?

Skin to skin

Staff present

Resuscitation

### **Third stage**

Physiological/active management

When to cut the cord

Time constraints

See placenta? / taking it home?

**Baby**

Skin to skin

Feeding

Vitamin K

Hep B