Childbirth Education Program:  
Creating a Birth Plan

A Birth Plan communicates your preferences and goals for your labour and birth. It can provide clarity for yourself, your support team and care providers.

Labour and birth are unique to each parent and baby so your birth plan will work better if it is flexible. There may be times when changes or an intervention is recommended to keep you and your baby safe; however, we work in partnership with you and support informed decision-making.

When making decisions or considering your options of care there is a simple tool you can use, to help you gain clear information, this is known as the **BRAINS** acronym:

|  |  |
| --- | --- |
| B | What are the **B**enefits of doing this? |
| R | What are the **R**isks of doing this? |
| A | Are there any **A**lternatives? |
| I | What is your **I**nstinct saying? What is the potential **I**mpact of doing this or not doing this? |
| N | Does it need to be done **N**ow? |
| S | Provide **S**pace and **S**upport to make this decision? |

There's no right or wrong way to write a birth plan.

You may want to write a few basic dot points highlighting things that are most important to you, or you may want to fill in a more detailed form. We have attached a simple form to give you some ideas; please feel free to make it your own.

We encourage you to spend time discussing your vision for labour and birth with your support person, and talking to your care providers for input or advice.

Birth plan

Use this page to identify your preferences for your labour and birth.

Share your plan with your support team, and the midwives/doctors supporting you.

|  |  |
| --- | --- |
| Your name: |  |
| Support person’s name: |  |
| Support person’s contact number: |  |
| Name of Doula or Midwifery Student (if applicable): |  |

## Birth Environment:

Dim Lighting

Quiet Music (create a playlist if you like)

Aromatherapy (bring your own oils)

Space and support for active positioning

Other: 

**Pain Relief:**

Please do not offer me pain relief – I will request it

**Pain relief options I will consider:**

Gas  Sterile Water Injections

Morphine  Epidural

**Positions for birth I may like to use are:**

Water birth

Reclining on the bed or floor

Side lying on the bed or floor

Kneeling on all fours or upright position

Other: 

**Natural ways to work with labour:** Massage / Acupressure

Relaxation / Deep Breathing

TENS (hired or purchased during pregnancy)

Hypnotherapy/Calmbirth® (practiced)

Shower  Bath  Fit ball

Hot or cold packs  Active positioning

Other: 

## Things I would like at my birth:

To touch my baby’s head when it crowns

A mirror to view the pushing and birth

Warm compresses used on my perineum

(Standard practice to prevent perineal trauma)

To personally discover my baby’s sex

For my support person to assist the birth

Delayed cord clamping

(standard practice if baby well)

Other: 

## Immediately following birth, I would like:

Skin to skin for at least an hour

To cut my baby’s cord

My support person to cut the cord

Physiological management of third stage

Active management of third stage

To take my placenta home

Other:



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## Thank you. We look forward to supporting you throughout your labour & birth!

## Please share with us anything else that is important for you:

**In case of an assisted birth**

**(Vacuum, forceps, caesarean):**

Support person present

Skin to skin as soon as possible

Delayed cord clamping

(Standard practice if baby well)

Assistance to breastfeed as soon as possible

Opportunity to debrief

Other: 