

Birth Plan

Labour

My name is

My birth partner is

We would like to be referred to as

My preferred method of delivery

My chosen comfort techniques

(Turn over)

My favoured positions

(Turn over)

Please support me to

If I am _____
_____ this
means I would like some
time alone

Thank you for supporting me during the birth of my baby and of me, as a mother. To best support me, it is important to me that you know

Should a decision need to be made which takes me away from this plan, please advise me of the following:

Benefits—what are the benefits of the new suggestion

Risks—what are the risks of the new suggestion

Alternatives—are there any?

Intuition—encourage me to use my intuition where appropriate

Nothing—what if we did nothing?

Please seek my consent for:

I would not like to be offered:

Please support me in my golden hour by: -

Birth Plan

Positions and Comfort measures



Comfort Techniques