



This birth plan outlines my preferences before, during, and after delivery; please respect them whenever possible. However, I understand that these are only guidelines and may need to be overruled as medical conditions change.



Background Details

My name: _____

My baby's due date: _____

Medical team's names and contact details: _____

Doctor: _____

Midwife: _____

Doula: _____

Pediatrician: _____

Hospital/birthing center's address: _____

Birth partner's name and contact details: _____

Important medical issues: _____



Labor

During labor, I prefer to be... ☐ Standing up ☐ Lying down ☐ Walking around

Other: _____

When it comes to pain management, I would prefer... ☐ Not to use any ☐ A standard epidural ☐ A walking epidural

Other: _____

Requested comfort measures and other preferences (e.g., quiet room, dimmed lights, relaxing music): _____



Delivery

During delivery, I prefer to be...

☐

Squatting

☐

Standing

☐

Semi-reclining

Other: _____

I would like my birth partner with me in the delivery room:

☒ YES☐ NO

I would like an episiotomy...

☐

Rather than risk
a potential tear

☐

Only as a last
resort

☐

Not performed, even if
there is risk of a tear

Other: _____

Should I need a cesarean,
I would like...

☐

To stay
conscious

☐

My partner to be
with me the
entire time

☐

To hold my baby right
after delivery

Other: _____

Other preferences

(e.g., avoid forceps, use a birthing stool, have mirror available so I can see my baby being born):



After Delivery

I'd like to hold my baby skin-to-skin immediately after delivery:

☒ YES☐ NO

I want to delay newborn procedures (such as bathing and measuring)
for the first hour so I can feed and bond with my baby:

☒ YES☐ NO

I want all procedures and all medications explained to me before they
are carried out:

☒ YES☐ NO

I'd prefer my baby to be
kept with me...

☐

At all times

☐

During the day

☐

Only when I am
awake

Other: _____

When it comes to feeding
my baby, I prefer to...

☐

Breastfeed

☐

Breastfeed, with the
help of a lactation
consultant

☐

Use formula

Other requests: _____

