



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: _____

