



My name is : \_\_\_\_\_

The place where I will give birth : \_\_\_\_\_

My due date : \_\_\_\_\_

My « Support Team » (name & function) : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My allergies : \_\_\_\_\_

## Good to know

Although this is our ideal birth plan, we remain open to discussion with midwives and doctors. We trust their skills and professional judgement if different interventions are needed for mother and/or baby.

### ATMOSPHERE & COMFORT

*E.g: music, dimmed lights, wearing my clothes, eating & drinking, aromatherapy...*

### INTIMACY

*E.g: limiting vaginal exams and staff coming and going from my room. Being informed of all interventions before they are performed (episiotomy, induction of labour...)...*



## PAIN MANAGEMENT

E.g: epidural, nitrous oxide, massage, self-hypnosis, bath/shower, Bonapace method, reflexology...

## WORK STIMULATION

If the work slows down, I would like the following methods to be tried:

Walking & movement  Position changes  Bath / Shower  Synthetic oxytocin injection

I would prefer to avoid artificial stimulation and give the baby the time he needs.

Others : \_\_\_\_\_

## DURING CHILDBIRTH, I WOULD LIKE TO:

E.g: choose my position freely, don't give me instructions out loud, use a mirror to see baby coming...

## IF A C-SECTION IS NECESSARY, I WOULD LIKE TO:

E.g: presence of partner, having someone with me in the recovery room if the other parent is with baby...

## Good to know

The birth is over once the placenta has been expelled. If your health allows it, keeping your baby skin-to-skin and the same intimate and calm bubble as during labour promotes a good delivery of the placenta

## AFTER THE BIRTH I WOULD LIKE FOR MY BABY AND MYSELF:

Do skin-to-skin immediately  1st feed as soon as possible (depending on the situation)

That the umbilical cord be cut by: \_\_\_\_\_ after how long : \_\_\_\_\_

Keeping my placenta  for: \_\_\_\_\_



## AFTER THE BIRTH I WOULD LIKE FOR MY BABY AND MYSELF:

### Care

*E.g: aspiration of secretions, injection of vitamin K, ointment, at what time...*

Feeding: Breastfeeding  Feeding bottle

*E.g: formula supplements, lactation consultant...*

## OTHER INFORMATION I WOULD LIKE TO SHARE:

## Good to know

While childbirth is a unique moment of variable duration, thinking about the immediate post-natal period and the first days with baby is just as important. The physical recovery, the mutual discovery, the bonds of attachment...

For more information, please read our article on the [postpartum](#).

### C-SECTION

It is entirely possible and recommended to also make a birth plan for a scheduled C-section. «Soft» cesarean sections are used more and more in order to let you actively participate in the birth of your child in a more gentle and caring way for you and your baby.

