



Birth Plan Inspiration & Ideas



Hey parents-to-be! I know that writing a birth plan can feel overwhelming. To help ease the process, here's some inspiration to guide you in expressing your wishes, hopes, and concerns. Take a moment, make yourselves comfortable, and envision the birth experience of your dreams. If you need any more guidance, please reach out to me! - Leonie

1. **Names and information** of you and your **partner** (is there any special needs?) and any support people (like a **doula**). Which languages do you speak and in which **language** do you wish to be informed?
2. You can mention your **hopes and fears** and even how you've prepared yourself for birth. How was your **pregnancy experience**? What are you most looking forward to? What might **trigger** you?
3. Mention any specific **medical needs** you might have (e.g. group B strep, genital herpes, Rh incompatibility with baby, gestational diabetes, a fear of needles, previous experience of assault or birth trauma).
4. What **kind of birth** are you aiming for: Vaginal, c-section, water birth, VBAC (Vaginal birth after cesarean).
5. What kind of **pain relieve** you are and aren't interested: E. g. acupressure, acupuncture, breathing techniques, warmth, affirmations & visualizations, hypnobirthing, massage, meditation, sterile injections, TENS machine, epidural, Gas, nothing.
6. Explain what kind of **vibe** you're going for in the birth room: E.g. music, lights dimmed, essential oils, quiet room, as few interruptions as possible, as few vaginal and cervical exams as possible.
7. If this is important to you, write if you want an **IV** or not, and your stance on **fetal monitoring** (continuous, intermittent, internal (by fetal scalp electrode), performed only by a Doppler, only if the baby is in distress).
8. You can mention wishes for **birthing positions** during delivery: E.g. squat, lie on side, on hands and knees, standing, leg support in bed, in the birthing tub, laying down.
9. Who should cut the **umbilical cord**? Do you wanna see and/or keep the **placenta**? Do you want to receive **synthetic oxytocin** after delivery? **Vitamin K** injection for the baby?
10. What do you want to happen in case of a **C-section**? E.g. a second opinion, to make sure all other options are exhausted, to have your partner/support person with you at all times, the screen lowered so you can watch baby come out, the surgery explained as it happens, vaginal seeding, partner or support person to hold baby as soon as possible, have baby placed on your chest immediately after birth, pictures being taken.
11. How is your plan for feeding your baby? Do you want to **breastfeed**?