My Birth Plan

**OVERVIEW:** Welcome to the birth of my baby! I believe that birth is a normal, physiological event that works best and is safest when the woman is left undisturbed and allowed to follow her instincts and the sensations in her body. My birth plan is written with this in mind.


**Name:** XXX
**Guess Date:** XXX
**Chosen Birth Place:** My home


**People:** My doula will be at home with me. My older children may also be around.
**Noise:** My birth space is to be quiet at all times and conversations are not to take place in the room I am in. I need my environment to be quiet and calm to allow me to stay relaxed and focussed.
**Lighting:** Keep the lights low and the room dark. If you need lights for taking notes etc. there is space set up in the kitchen. Do not turn on the lights or use torches in my birth room unless I have asked you to.
**Comfort:** I believe I have everything I need within me to birth my baby and wish to do so alone unless I feel that I need extra support. I will look to my doula for comfort measures that I need assistance with.
**Language:** I am planning an undisturbed birth so do not talk to me unless I am actively engaging you in conversation. Take my lead. If there is information that you wish to discuss, please talk to my doula and who will share this with me and if necessary communicate on my behalf. No one in my birth space is to tell me what to do or use emotive language (including references to pain) which could make me feel pressured into making rushed decisions. If this happens I will ask you to leave immediately.


**Pain Management:** Do not offer me any forms of pain relief. I know the options available to me and will ask for them if I feel I want them.
**Examinations:** I do not consent to any examinations. This includes vaginal examinations and general observations. Do not ask or attempt to pressure me into these. I trust in the process of birth and therefore trust that I’ll know if something is amiss.
**Monitoring:** I do not consent to my baby being monitored in any way unless I have reason to believe it is necessary. This includes baseline and regular monitoring of their heart rate.
**Discussion:** As above, please speak to my doula about anything you wish to discuss with me. As I do not want to be unnecessarily disturbed, I would like my doula to communicate on my behalf at all times. I know and trust her to help me explore my options so that I can make informed decisions and share these with others involved in my care. Conversations are to take place away from me in another room.
**Baby Birth:** I will be following my intuition about where to birth my baby. This may be in the birth pool, bath, or elsewhere. I will catch my own baby and nobody is to touch my baby when they are born. Do not talk to me when / after my baby is born. I know that I am particularly vulnerable and susceptible in the moments after giving birth and I do not wish this special time to be tarred by unnecessary comments.
**Placenta:** I will be having a physiological third stage unless I feel that I need medical intervention here. As long as I feel well, I am happy to wait as long as it takes (even if this is longer than an hour). Do not offer me a managed third stage. I know what is available and will ask for assistance if I think I need it.
**Cord Clamping:** I am planning a lotus birth. This means that I will leave the placenta attached until the cord separates from my baby naturally. Do not offer or attempt to cut the cord at any time.
**Vitamin K:** I do not consent to my baby being given vitamin k in any form.
**Skin to Skin:** I will have immediate skin to skin after my baby is born. For the first hour after birth we will be having a “golden hour” to maximise bonding and establish breastfeeding. Do not disturb us during this time. Do not offer any newborn checks until after this time.
**Feeding:** I will breastfeed my baby. I will ask if there are aspects of feeding I would like support with. I do not consent to my baby being given formula milk under any circumstances. If I am unable to breastfeed for any reason, I wish to express and / or use donor milk.



**Transfer to Hospital:** I will only transfer to hospital if I have good reason to believe there is imminent risk to life (within 30 minutes) for myself or my baby. In the event of a transfer my doula is to stay with me at all times, including in the ambulance. **I do not consent to treatment from a male..
Induction:** I will not consent to induction of labour under any circumstances.
**Caesarean Section**: I will only consent to a caesarean section if my doula can stay with me at all times, including in theatre and in recovery. I still want a lotus birth (do not cut the cord) and skin to skin immediately after for as long as I want. I do not consent to my baby being given formula milk under any circumstances, including after a caesarean section.

If you have any questions about my birth plan during my labour, please discuss with my doula. She is aware of my wishes and I trust her to communicate them on my behalf.