**BIRTH PLAN TEMPLATE**

Feel free to cut and paste this birth plan template onto a word document for your own use. For more ideas on writing your birth plan click back to the [**Birth Plan**](http://reason8.com/upd8/FCKeditor/editor/info2.cfm?info_id=64042) page.

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**BIRTH PLAN FOR** (insert your name)

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| Place of Birth, First Preference (Change this for each of your potential birth scenarios i.e. "Second Preference" etc.) | (i.e. home birth, birth centre, hospital etc.) |
| Birth Companions | List your partner, doula, midwife, children etc. Do you mind having a student present? |
| Induction/Augmentation | List your preference and non preferences:  - Artificial Induction or Augmentation  - Membrane Sweep  - Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc. |
| Environment | List your preference and non preferences:  - Music  - Chatter  - Calm atmosphere  - Lighting |
| First Stage of Labour | List your preference and non preferences:  - Eating/drinking  - Mobility  - TENS Machine  - Entonox  - Pethidine  - Epidural  - Water Pool  - Massage  - Aromatherapy/hypnobirthing/homeopathy  - Hot/cold packs |
| Foetal monitoring / Vaginal Examinations | List the type, if any, of foetal monitoring you prefer; Electronic or Doppler.  State your preference regarding VE (vaginal examinations). |
| Second Stage of Labour | List your preference and non preferences:  - Position  - Pushing  - Touching baby’s head  - Discovering the sex  - Photos |
| Assisted Delivery | List your preference and non preferences:  - Forceps,  - Ventouse  - Episiotomy  - Perennial massage/hot compresses |
| Cutting the Cord | List your preference and non preferences:  - How long would you like to wait after the birth before cutting the cord?  - Who would you like to cut it i.e. your partner?  - If you are planning a lotus birth, list that here.  - Would you like to keep the placenta? |
| Third Stage of Labour | List your preference and non preferences:  - Syntometrine  - Syntocinon  - Pulling on the cord etc  - Herbs/homeopathy  - Fundal pressure  - Breast Feeding |
| Fourth Stage of Labour (postpartum) | List your preference and non preferences:  - Bonding/skin to skin Immediately after birth  - Weighing, measuring, washing and dressing baby  - When would you like to shower or bathe?  - When would you like to eat or drink |
| Baby Care | List your preference and non preferences:  - Skin to skin contact  - Breast feeding  - Pacifiers  - Glucose water  - circumcision if the baby is a boy  - Vitamin K  - vaccinations |

**In Case of an Emergency, Caesarean Birth or Sick Baby**

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| Advocate - In an emergency, if I am unable to speak for myself, I would like the following person to be my advocate. | State who you would like to advocate for you in the situation that you are unable, i.e. your husband, doula, or midwife etc. |
| Birth Companions | List your partner, doula, midwife, children etc. Do you mind having a student present? |
| Induction/Augmentation | List your preference and non preferences:  - Artificial Induction or Augmentation  - Membrane Sweep  - Natural Induction Methods, such as: castor oil, herbs, homeopathy, love making, meditation, aromatherapy, acupressure etc. |
| Environment | List your preference and non preferences:  - Music  - Chatter  - Calm atmosphere  - Lighting |
| First Stage of Labour | List your preference and non preferences:  - Eating/drinking  - Mobility  - TENS Machine  - Entonox  - Pethidine  - Epidural  - Water Pool  - Massage  - Aromatherapy/hypnobirthing/homeopathy  - Hot/cold packs |
| Foetal monitoring / Vaginal Examinations | List the type, if any, of foetal monitoring you prefer; Electronic or Doppler.  State your preference regarding VE (vaginal examinations). |
| Second Stage of Labour | List your preference and non preferences:  - Position  - Pushing  - Touching baby’s head  - Discovering the sex  - Photos |
| Assisted Delivery | List your preference and non preferences:  - Forceps,  - Ventouse  - Episiotomy  - Perennial massage/hot compresses |
| Cutting the Cord | List your preference and non preferences:  - How long would you like to wait after the birth before cutting the cord?  - Who would you like to cut it i.e. your partner?  - If you are planning a lotus birth, list that here.  - Would you like to keep the placenta? |
| Third Stage of Labour | List your preference and non preferences:  - Syntometrine  - Syntocinon  - Pulling on the cord etc  - Herbs/homeopathy  - Fundal pressure  - Breast Feeding |
| Fourth Stage of Labour (postpartum) | List your preference and non preferences:  - Bonding/skin to skin Immediately after birth  - Weighing, measuring, washing and dressing baby  - When would you like to shower or bathe?  - When would you like to eat or drink |
| Baby Care | List your preference and non preferences:  - Skin to skin contact  - Breast feeding  - Pacifiers  - Glucose water  - circumcision if the baby is a boy  - Vitamin K  - vaccinations |