

MY BIRTH PLAN



@MIDWIFEZOE

WHAT'S IMPORTANT TO YOU?

WHAT ARE SOME THINGS THAT ARE IMPORTANT TO YOUR BIRTH EXPERIENCE? WHO DO YOU WANT THERE? IS THERE A SPECIFIC POSITION YOU WANT TO BE IN TO PUSH? WHAT'S THE BIRTH SUITE VIBE YOU'RE AFTER?

	EG: I WOULD LIKE TO REMAIN MOBILE IN LABOUR	
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02		
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ADDITIONAL NOTES

WHAT DON'T YOU WANT?

WRITE SOME THINGS THAT YOU AREN'T REALLY KEEN ON/NEED MORE INFORMATION ON BEFORE MAKING A DECISION.

	EG: I DON'T WANT TO BE TOLD ABOUT MY DILATION, I AM NOT TOO KEEN ON AN EPIDURAL, I DON'T WANT TO KEEP MY PLACENTA	
01		
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ADDITIONAL NOTES

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LIST ALL OF YOUR BIGGEST DISTRACTIONS IN THE "EVERYTHING ON MY PLATE" BOX, AND THEN CATEGORISE THEM IN THE BOXES ON THE RIGHT.

MY IDEAL BIRTH EXPERIENCE
LOOKS LIKE:

THE PEOPLE I WANT THERE:

PAIN RELIEF I'M KEEN ON TRYING:

WHEN BABY IS BORN I'D LIKE:

MY IDEAL BIRTH SUITE LOOKS
LIKE:

