



BoldBirthing

Hi there lovely,

You are welcome to use this as an editable template for your chosen birth preferences.

This is something I provide my clients when we are digging deep into what is important to them as individuals, as writing these things down is ridiculously important to supporting you and the birth of your baby, or babies.

My tips are:

- Keep it short and sweet – A4 and 2 sides max.
- Prepare for different situations – this will help you stay calm and feel supported
- Write it with your birth partner so they can advocate for you clearly

I could certainly add a lot more tips here, but these are my top 3 for an effective birth plan that midwives and doctors will happily read.

I have provided a completed example, which were my preferences for our home birth in 2020, and the last 2 pages are the template that you can muck around with.

It has been created in a table format so please bear that in mind if you are having trouble editing it.

Please also feel free to contact me if you are having trouble with the template as I will happily help in any way I can.

Always here for you.

Your Birth Geek

Nicki x

SAMPLE COMPLETED BIRTH PREFERENCES

EDD: October 2020

BIRTH PARTNER	DOULA	MIDWIFE
Kaz (Husband) M:	Name: Jane M:	Name: Gill M:

BLOOD TYPE	SPECIAL CIRCUMSTANCES	OTHER
Rhesus D Negative	May need Anti D injection within 72 hours of birth	1 previous birth We are hypnobirthing
NHS NUMBER	DR SURGERY	*We are keeping the placenta* *Husband to announce sex*
xxx-xxx-xxxx	Sollershott Surgery	

	<ul style="list-style-type: none"> ● Water birth preferred ● Relaxation & breathing techniques ● Calm & quiet, room dimly lit, battery candles on ● Request internal examinations ● Please do not tell me to “push” ● I will breathe my baby out ● Episiotomy in emergency circumstances only ● Please do not offer mother any drugs ● Two Doppler/Foetal monitors (one as spare)
<p>If transferred:</p> 	<ul style="list-style-type: none"> ● Room dimly lit, battery candles on (if possible) ● Calm & quiet ● Happy to have students in room – observation only please ● Room with pool please ● Caesarean preferred over forceps delivery
	<ul style="list-style-type: none"> ● IV in left hand ● ECG dots on mother’s back ● Husband to read birth partner script/or play music ● Slow and gentle ● Insert gauze into vagina for microbiome transfer ● Shield baby’s eyes or dim lights ASAP for baby ● Skin to skin ASAP (mother if possible, or father) ● If conscious, we request the baby is kept with mother rather than wait in recovery with father ● Please lift placenta high to ensure all blood is received by the baby ASAP ● *We are keeping the placenta, please place in provided cool bag*
WHEN BABY IS BORN:	<ul style="list-style-type: none"> ● Ask husband if he would like to catch the baby and cut cord ● *Husband to announce sex* ● Cord to be cut when pulsating has stopped completely ● Use cord tie for umbilical cord (not plastic clip) ● Skin to skin and breastfeed ASAP ● Suturing - We would like to discuss anaesthesia beforehand and a midwife to do the suturing ● We are in no rush to weigh baby ● Check baby for tongue tie ● Vitamin K oral drops please
NATURAL 3RD STAGE:	<ul style="list-style-type: none"> ● Mother is Rhesus D negative, please take blood from umbilical cord ● Placenta to come away naturally ● *We are keeping the placenta, please place in provided cool bag*

KAZ LIST

1. Set up pool
2. Play music list
3. Dim lights
4. Battery candles on
5. Put "do not disturb" sign on front door
6. Snacks and drinks on side in kitchen (inc straws)
7. Call midwife when 5 mins apart
8. **REMIND NICKI TO GO TO LOO EVERY HOUR, DRINK EVERY 15 MINS**
9. ***If birthed in the pool remember to get out to birth placenta (avoid contamination)***

WHEN LABOUR BEGINS:

- Text/call Doula Jane
- Text/call Midwife
- Call Hospital 01462 XXXXX
- Text/call friend
- Text Rachael (placenta) let her know labour has begun, message again when baby is born
- Message mums/sisters

IF TRANSFERRED TO HOSPITAL:

- Get hospital bag, hypnobirthing book, battery candles, affirmation bunting, ***placenta cool box***
- Call friend (to stay at ours)

IF PATH DEVIATES USE BRAINS:

Benefits – what are the benefits? How will they help?

Risks – what are the risks?

Alternatives – are there any?

Intuition – what is our gut feeling?

Nothing – what will happen if we do nothing? Can we have 5/10 mins to decide?

If time is pressing just keep asking "how" and "why"?

[YOUR NAME] BIRTH PREFERENCES

EDD: [Month Year]

BIRTH PARTNER	2 nd BIRTH PARTNER/DOULA	MIDWIFE
Name:	Name:	Name:
Tel:	Tel:	Tel:

BLOOD TYPE	SPECIAL CIRCUMSTANCES	OTHER
[Blood Type]	<i>Example: Need translator</i>	<i>Example: 1 previous birth</i> <i>We are hypnobirthing</i> *We are keeping the placenta* *Husband to announce sex*
NHS NUMBER	DR SURGERY	
XXX-XXX-XXXX	Add: Tel:	

 <p align="center"><i>Home Birth</i></p>	<ul style="list-style-type: none"> • Primary preference as per location
<p>If transferred:</p>  <p align="center"><i>Hospital Birth</i></p>	<ul style="list-style-type: none"> • Secondary preferences as per location
 <p align="center"><i>Caesarean Birth</i></p>	<ul style="list-style-type: none"> • C-section preferences
<p>WHEN BABY IS BORN:</p>	<ul style="list-style-type: none"> • Preferences for the moments your baby has been born
<p>NATURAL 3RD STAGE:</p>	<ul style="list-style-type: none"> • Preferences on how you would like to birth your placenta • <i>Example: natural or managed (oxytocin injection), will you be keeping it for encapsulation etc</i>

PARTNER'S TO DO LIST

10. REMIND PARTNER TO GO TO LOO EVERY HOUR, DRINK EVERY 15 MINS

11. ...

WHEN LABOUR BEGINS:

- ...

IF TRANSFERRED TO HOSPITAL:

- ...

IF PATH DEVIATES USE BRAINS:

Benefits – what are the benefits? How will they help?

Risks – what are the risks?

Alternatives – are there any?

Intuition – what is our gut feeling?

Nothing – what will happen if we do nothing? Can we have 5/10 mins to decide?

If time is pressing just keep asking “**how**” and “**why**”?