

THE BIRTHING TREE

Discovering Your Birth Values

A Guided Reflection Workbook

Before you write a birth plan, discover what matters most.

Why Start With Values?

Birth plans are valuable, but they are only as meaningful as the values behind them. This workbook is designed to help you discover the beliefs, priorities, hopes, and needs that shape your decisions. When labor takes an unexpected turn—as birth sometimes does—your values become the steady foundation that guides thoughtful decision-making.

There are no right or wrong answers. Write honestly, reflect deeply, and allow yourself permission to change your mind as you learn.

1. Safety

When you imagine giving birth, what helps you feel physically and emotionally safe? Who helps you feel calm? What situations increase your stress?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2. Respect

Complete the sentence: 'I feel most respected when...' What actions from a care team help you feel heard and valued?

[illegible]

3. Communication

How do you prefer difficult information to be shared? What helps you make decisions under pressure?

[illegible]

4. Your Environment

Describe the atmosphere you hope for during labor. Consider lighting, sound, privacy, movement, water, touch, and encouragement.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

5. Support

What kind of encouragement gives you strength? What words or behaviors make you feel discouraged? Who do you want beside you?

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6. Flexibility

If your birth unfolded differently than expected, what values would you still want honored?

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7. Looking Beneath Decisions

Choose one birth preference that feels important. Ask yourself: Why is this important? What value does it represent? If circumstances changed, what part of this preference would still matter?

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8. Reflection

List the three values you hope define your birth experience. Write a note to your future self and one message for your birth partner.

[illegible]

A Final Reflection

Birth plans may change. Birth values rarely do.

Long after the details of labor have faded, many families remember how they were treated, whether they felt respected, whether they understood their choices, and whether they felt supported. My hope is that this workbook helps you identify the values that matter most so you can enter birth with confidence, clarity, and peace—not because everything will go according to plan, but because you know what truly matters.

"Birth isn't about perfection. It's about feeling informed, respected, supported, and deeply seen."