



# Birth Plan

Where do you prefer to give birth?

at Home

I am receiving medical care

at the birth center Sophia

I wish to decide in the moment

Ikazia 'the mother and child center'

What is your health care provider's phone number, when do you call?

Who would you like to support you during labour?

Partner

Family

Friend

Doula

Birth photographer

May a midwife, doctor or nurse in training be present at your delivery?

What does your ideal birthing space look like?

How do you feel most comfortable in the room:

- With what type of light in the room
- What is the ideal temperature in the room
- What smell in the room: you can use a diffuser
- What sounds in the room: music, nurses and midwives coming in and out, knocking first before someone enters the room, no talking on the phone, Communication: Yes, no or soft talking
- What clothes do you wear: clothes on or off?

How can your partner/family/friend support you best?

- How can your partner/family/friend communicate with you best?
- What can your partner/family/friend do?
- How can your partner/family/friend touch you best?
- Do you have additional instructions?

When transferred to the birthing center or hospital

- At what point do you want to leave?
- What is the shortest route?
- Care for any older children needed?
- What do you take with you in the birth bag? Birth plan, ID, essential oil, diffuser, sunglasses, eye pillow, warm socks, oxytocin lamp?

## Counseling during your delivery

There are different views on guiding childbirth:

- Preventive Support of Labour (give birth within 12 hours)
- [A more wait-and-see view](#)

[Click here to learn more about phases of childbirth. Which vision appeals to you most and why?](#)

## Vaginal exam

- How does touching feel to you? (Have you ever had an internal examination? for example, a smear test)
- How do you respond to information about progress after vaginal touching? How do you react when the number of cm is different from what you expected? [Read more here.](#)
- Are there additional things that should be taken into account, such as past sexual abuse or your medical background?
- Would you like to indicate when touching may/should/can be done? If you do not want to be touched: in what situation would you want it?

## Breaking of the membranes

[Read more about the function of breaking the membranes during birth here](#)

- Do you know the advantages and disadvantages of artificial breaking by the health care provider?
- Do you know the advantages and disadvantages of waiting or spontaneous rupture?
- Do you want/not want to give prior consent for artificial rupture of the membranes? Or does it not matter much to you?
- I do/don't agree to standard rupture of membranes

## When fully dilated

Do you want to wait for full dilation with pushing?

[Read more about the pros and cons of waiting here.](#)

## Postures and freedom of movement

- What do you think will work for you and would you like to be encouraged or not?
- Would you like to use a wireless CTG?

## If labor does not start on its own or progresses naturally

- Wait and see
- Induction / additional stimulation: when or not?
- Emotional support / coaching
- A different position
- In or out of bath/shower
- Rest/sleep
- Peeing
- Massage
- Bath/Shower
- Making love/cuddling/kissing
- Being alone for a while (with or without a partner)
- Pain relief
- Acupuncture/shiatsu/reflexology
- Rebozo massage
- Breaking the membranes

## How do you want to deal with pain sensations?

- Would you like that or not?
- Do you want active pain medication to be offered during labor or not?
- Do you know what types of pain medication are available?
- Do you know the advantages & disadvantages of the types of pain medication?
- Do you know what is needed prior to and during pain management (CTG film, IV)
- Will you transfer to the hospital for pain relief if you want to give birth at home?

Want to learn more about the different types of pain medication and the pros & cons, sign up for the [One Day Birth Course by Doula Amber \(in Dutch\)](#) or with [Doula Maggie \(in English\)](#).

## Pushing

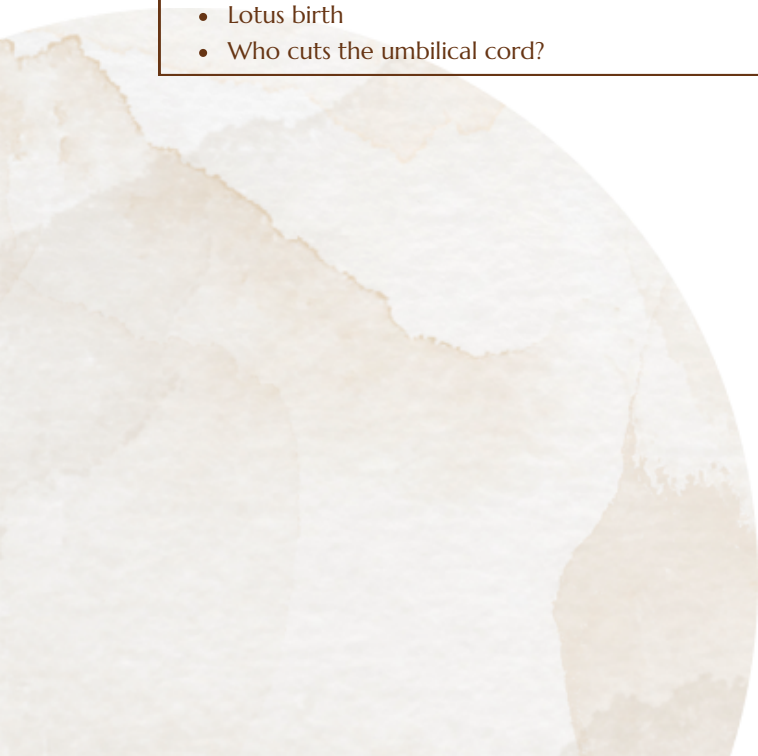
- Which preferred position: squatting, birthing stool, supine, lateral, standing, on hands and knees?
- Body following or coached pushing
- Hypnobirthing method
- Pelvic floor support: may there be "help" from the caregiver by pressing on your pelvic floor in the vagina?
- Water birth: if you want to use a birthing pool, do you want to push in it and have the baby born?
- How often to listen to your baby's heartbeat (after each push contraction?)

## What do you want at the actual birth?

- Quiet in the room: no talking, no excitement
- Would you like to feel or watch for yourself with a mirror at the birth of the head?
- How do you feel about a episiotomy?
- Do you want to let the baby born hands on or hands off?
- Perhaps you want to handle your baby yourself or your partner?
- When the baby is born, do you want to have time to recover and choose your own moment to touch and pick up your baby?
- Or do you want your baby immediately indicated or placed on your belly?
- Will photos be taken and by whom?

## Umbilical cord

- Do you want to wait until the umbilical cord stopped pulsating?
- Lotus birth
- Who cuts the umbilical cord?



## Placenta

Birth of the placenta, [read about it here](#).

- Actively lead postpartum period (oxytocin injection, allow placenta to be born smoothly with assistance)
- Wait until urge comes, up to an hour (or longer?) after child is born
- How long are you willing to wait if you can?

## Monitoring your baby

- When can the baby be medically examined after birth?
- May vitamin K be given after birth?

## Golden Hour

- Baby skin to skin
- Also after cesarean section baby with mother skin on skin in OR (Gentle Section)
- Self breastfeeding (biological nurturing)
- To wear or not to wear a hat
- When do you call the family and when can they visit?

## Breastfeeding

- Contact a Lactation Consultant in advance or attend a breastfeeding course?
- Biological nurturing
- Attaching your baby to the breast, learn [here how to do that best](#)
- Do you want help only when you ask for it? Or would you like to help immediately?



# Birth Plan

Name:

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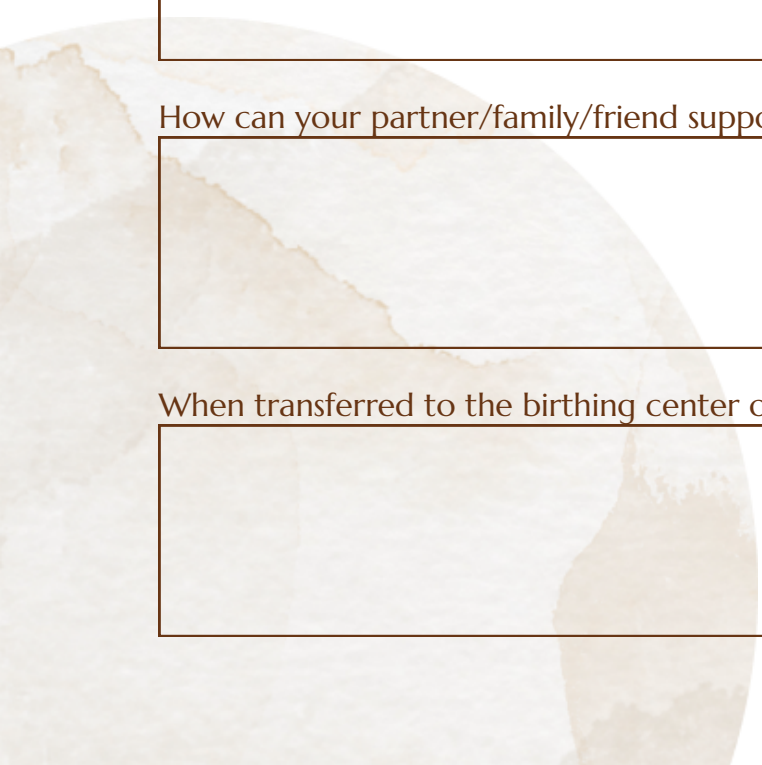
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Vaginal Exam



Breaking of the membranes



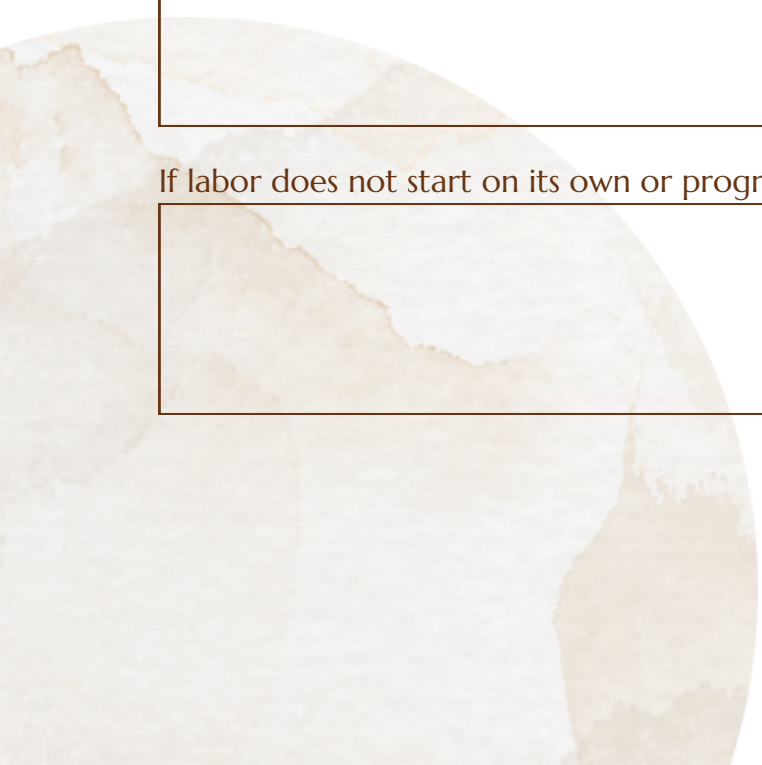
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