

BIRTH PLANNING CHECKLIST



These are questions to ask yourself to help you narrow down what's important enough to make it to you one page birth plan/preferences.



Important things I want my care team to know about me without having to be told. Name, pronouns, being called sweetie will really bother me, previous pregnancy or baby loss.



Place of Birth. Home, Birth Centre, Labour Ward, Theatre. Who will be with me? Birth Partner, Doula, Midwife, Doctor, Students.



What skills I will learn / options would I like to support my body and provide non-medical pain relief in labour?



How do I feel about medical pain relief options? How do I feel about offers of routine interventions? Vaginal Exams, Baby Heartrate Monitoring, Coached Pushing?



How do I feel about induction of labour and cervical sweeps? What are my options if I'm told my labour may be longer than expected?



How will I react / what choices will I make, if I'm offered episiotomy, ventouse, forceps, cesarean?



How do I feel about birthing my placenta, physiological or medically managed? Do I want to keep it/ consume it?



Plans for the "golden hour" and for feeding my baby.



How do I feel about the offer of a perineal check, what about stitches?
