

Birth Planning

“The power of a birth plan isn’t the actual plan, it’s the process of becoming educated about all of your options” – Unknown

Ask yourself and your partner the following questions and write down your answers. Then discuss them with your birth support.

Who

Who would you like to be present with you during the birth?

Does your partner have any expectations for other people to be present?

Do you want to have any family or friends present?

Do any family or friends expect to be present?

Do you need to have a conversation with family and friends to set clear boundaries as about your expectations?

Birth Planning

Having a birth plan can help reduce anxiety about your birth

Where

Where would you like to give birth?

Where would you like to spend your time in non-active labour?

Where would you like to spend your time in active labour?

Will there be driving/transportation involved? Who will help you with that?

How

How would you like to give birth?

Do you want the room/area to be quiet?

Do you want the room/area to be dark?

Do you want a certain smells in the room/area?

Is there a position you think you'd be most comfortable in?

Birth Planning

It will take away some uncertainty about the birth process. It will enable you to discuss your worries, wants and desires surrounding the birth

Birth Support

Your birth support should be someone who cares about you, who you are comfortable being vulnerable in front of, who is aware of your birth plan, who can advocate for you and who can be available during your birth. This may be one person or it may be multiple people.

There is no right or wrong answer to who you have as your birth support. This is a very personal decision and one that you need to be comfortable with. Try to put aside any guilt, or thoughts of worry about hurting someone's feelings if you don't choose them. Genuinely think of whom you would like.

When It Doesn't Go as Planned

Birth plans shouldn't be a set of rules in which you follow to a tee. You will be surrounded by trained professionals who have the best interest in yours and your baby's health. This means that as information is presented to them, plans may have to change. This may be hard to do, but it will be okay. Part of going through the exercise of creating a birth plan is to understand your expectations, your birth support(s) expectations and educate yourself to all the options associated with birth. List anything thought, feelings or questions that have come up here.