



Creating a birth plan

A birth plan tells everyone what you want during labour and birth. It helps you, your support team and care providers understand your preferences and goals.

Since every labour and birth is unique, your birth plan needs to be flexible. Sometimes, for safety reasons, changes or medical assistance might be needed. But we'll support you in making informed decisions.

A tool called **BRAINS** helps you make decisions by asking simple questions about your choices. It helps you figure out what's best for you right now.

B	What are the B enefits of doing this?
R	What are the R isks of doing this?
A	Are there any A lternatives or options?
I	What are your I nstincts or feelings saying? What is the potential I mpact of doing this or not doing this?
N	Does it need to be done N ow?
S	Do you have S pace and S upport to make this decision?

There isn't a right or wrong way to write a birth plan.

You can write down a few key points that matter most to you, or you can fill in a more detailed form. We've included a simple form to help you get started. Feel free to make changes to make it your own.

We encourage you to spend time talking with your support person and your care providers to share your ideas and get their input or advice on your labour and birth vision.

Note: At the Women's we offer some standard care options. They include:

- applying warm compresses to the perineum (the area between your vagina and anus) during the birth of the baby's head
- delayed cord clamping for well birthing parents and babies
- skin-to-skin contact as soon as possible after birth.

As a patient, you have the right to correct and up-to-date information, to work in partnership with your care team and decide whether to accept or decline care.

Sometimes decisions need to be made quickly. This can cause feelings of stress and loss of control for some people. If you wish, we can provide an opportunity for you to talk about your experience and feelings after the fact.



My birth plan

Use this page to identify what you want for your labour and birth.

Share your plan with your support team, and the midwives/doctors supporting you.

Your name:	
Support person's name:	
Support person's contact number:	
Name of doula or midwifery student (if applicable):	

In the birth environment, I want:

- Dim lighting
- Quiet music (create a playlist if you like)
- Aromatherapy (bring your own oils)
- Space and support for active positioning
- Other: _____

Pain relief:

- Please don't offer me pain relief - I'll ask for it

Pain relief options I will consider:

- Gas
- Sterile water injections
- Morphine
- Epidural

I may like to use these positions for birth:

- Water birth
- Reclining on the bed or floor
- Side lying on the bed or floor
- Kneeling on all fours or upright position
- Other: _____

I'd like to try these other things to help with labour:

- Massage /acupressure
- Relaxation /deep breathing
- TENS (hired or purchased during pregnancy)
- Hypnotherapy/Calmbirth® (practiced)
- Shower
- Bath
- Fit ball
- Hot or cold packs
- Active positioning
- Other: _____

At my birth, I want:

- To touch my baby's head as it comes out
- A mirror so I can see the pushing and birth
- To personally discover my baby's sex
- My support person to assist with the birth
- Other: _____

