



# BIRTH PLAN GUIDE AND TEMPLATE

[www.happymumsclub.co.uk](http://www.happymumsclub.co.uk)



Hi, I'm Sarah founder of Happy Mums Club.

My aim is to help mums-to-be go from scared and uncertain to prepared and excited about labour and birth.

I teach pregnancy yoga, hypnobirthing and mum and baby yoga, all of which is intended to provide a warm and friendly space to prepare body and mind.



The purpose of this Birth Plan Guide is to get you thinking about what you want your birth to look like, ask questions, research and understand the options and rights you have when it comes to giving birth.

I'm not saying you can plan the perfect birth, but you can consider different scenarios and what your wishes would be should they arise giving you control, power and confidence.

So, let's get started!

Listen to the instruction guide alongside going through the next page.

Points to remember:

- You will have more than one birth plan, and one will be for a caesarean birth.
- Print your birth plans in triplicate, 1 for you, 1 for midwife and a spare.
- Do your birth planning and research with your birth partner to ensure they know your wants and wishes inside out and will be able to answer any questions and advocate on your behalf.
- You will only show the care provider Plan A to begin with, Plan B/C/etc will only come out if they are needed.
- You can change your mind on anything at any point. Just because it feels right now, doesn't mean you won't feel differently when the time comes.
- Knowledge really is power, the more you know and research now the less likely you will be caught out on the day. All of this helps you remain in control and will drastically improve how you feel about your birth, even if it doesn't play out exactly as your Plan A.

# Birth Plan Guide



## WHERE?

- Hospital - Labour Ward
- Midwife Led Unit/Birth Centre
- Home

Consider the pros and cons of each option and where you would feel safest

## AFTER BIRTH

Delayed cord clamping?  
Cutting the cord  
What about the placenta?  
skin-to-skin  
Observations

## WHO?

Who do you want in the room with you?

## PAIN RELIEF

What kind of pain relief, if any, do you want access to?

## FEEDING

Breastfeeding/bottle feeding?

## OTHER CONSIDERATIONS

Hospital policies  
Decision making and advocacy  
Language

# Birth Plan Guide



**WHERE?**

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**WHO?**

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**PAIN RELIEF**

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**AFTER BIRTH**

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**FEEDING**

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**OTHER CONSIDERATIONS**

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# Birth Plan

<b>NAME</b>		
<b>WHERE</b>	<b>WHO</b>	
	<b>PAIN RELIEF</b>	
<b>AFTER BIRTH</b>	<b>FEEDING</b>	
	<b>OTHER CONSIDERATIONS</b>	