

Where would you like to have your baby?



Homebirth



Midwifery Led Unit



Labour Ward



Theatre birth

Students?



Students okay



No students please

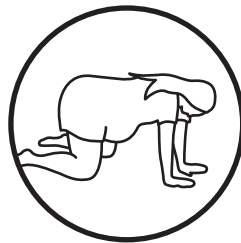
Plans for labour



Quiet please



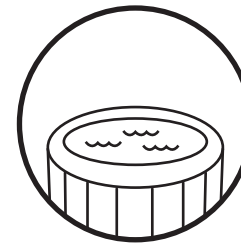
Dim lighting



Natural birth



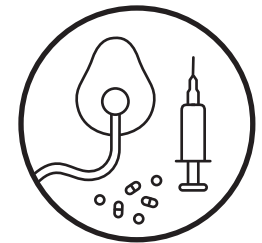
Hypnobirthing



Water birth



Epidural



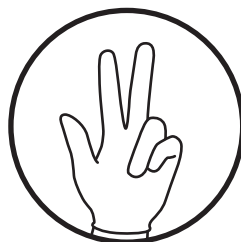
Open to all pain relief



Please help guide me to push



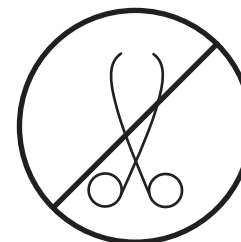
Please do not guide me to push



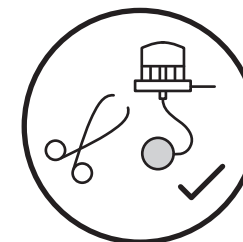
Routine vaginal examinations



Vaginal examinations only if requested



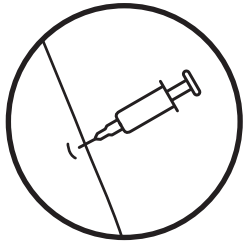
Preferred c-section to forceps



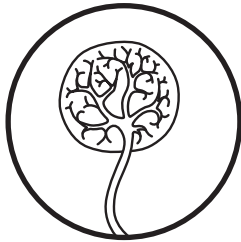
Happy for instrumental birth



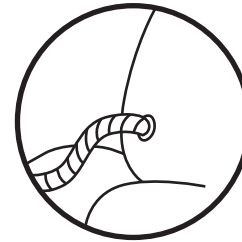
Birth



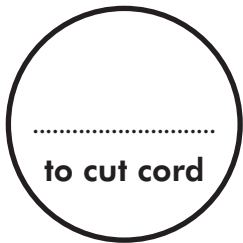
Active management
3rd stage



Physiological
3rd stage



Optimal cord
clamping



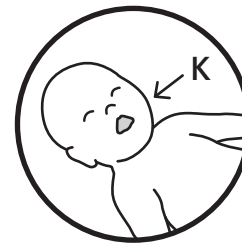
Skin to skin at birth



Protected first hour:
quiet and dim lighting



Vitamin K injection



Vitamin K oral



I plan to breastfeed

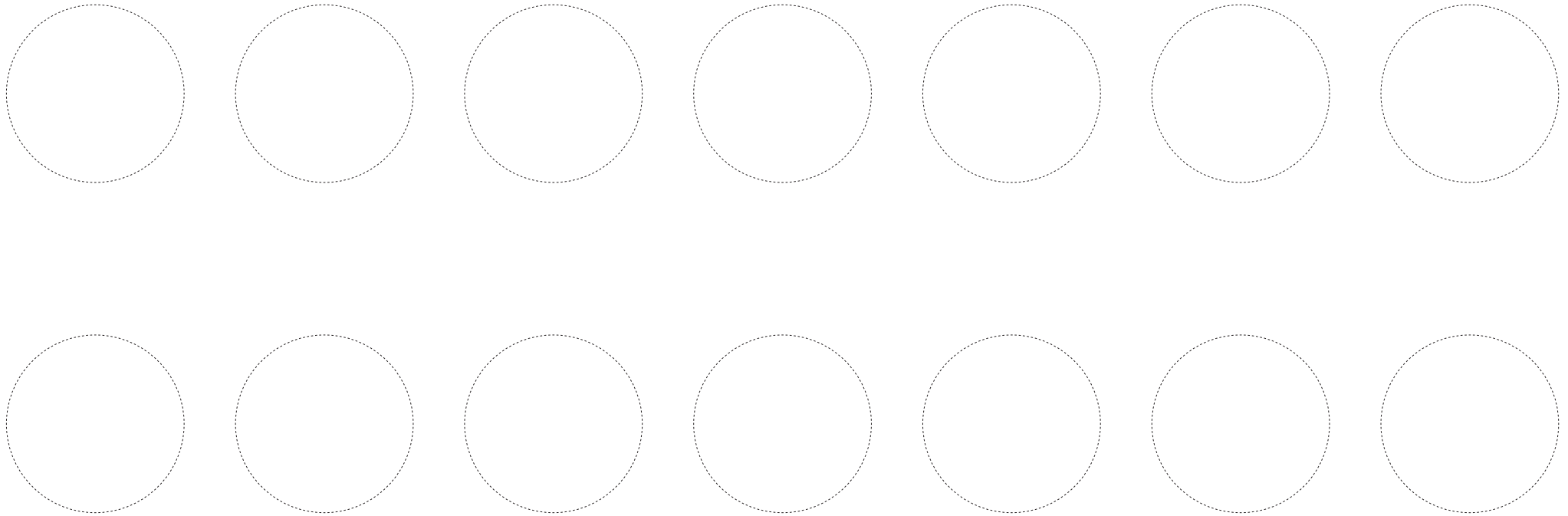


I plan to bottle feed

We suggest that you print these pages, cut out your choices and stick them on the following page. You can fill in any blanks and use the remaining space for any other notes about your choices.



My birth plan



A grid of 14 dashed circles arranged in two rows of seven, intended for drawing a birth plan.

