

Questionnaire

Think of your birth plan as a written list of what you'd like to happen when you're in labour and give birth. It might include things like who you would like to be with you in labour or what position you'd like to give birth in. Don't forget: sometimes things might not go according to plan. There might be complications, or you might change your mind, and that's okay.

Think of your birth plan as a guide and stay flexible.

HERE ARE SOME QUESTIONS THAT MIGHT HELP YOU THINK ABOUT WHAT TO PUT IN YOUR BIRTH PLAN:

- Where do I want to have my baby?
- Who do I want with me in labour (birth companion), for example, my partner, my children, another family member or a friend? Support in labour is important.
- Do I want my birth companion to stay with me all the time, or are there certain procedures or stages in labour when I would prefer them to leave the room?
- How would I like the birth environment to be: do I want music, and low lighting?
- What birthing aids am I likely to need in labour — for example, a beanbag, squatting bar or birth stool?
- Do I want pain relief — if so, what kind? Are there any types of pain relief I want to avoid?
- How will the type of pain relief I choose affect the labour or the baby?
- What position do I want to try during labour and to give birth in?
- What is the usual practice for an episiotomy?
- If my labour slows down or is taking too long, do I want my caregiver to do anything to speed it up? Or would I prefer to wait?
- What if I need a caesarean? Would I prefer to have a caesarean with an epidural anaesthetic so I can stay awake? Do I want my partner to be with me — and will my partner be able to cope?
- What is the usual practice for an induction?
- What procedures may be recommended, and why?
- What equipment may be used in my pregnancy care, and for the birth of my baby, and why?
- Who will cut the cord?
- Do I want to have an injection to speed up the delivery of the placenta or not?
- Do I have any cultural or religious needs around giving birth?