

My Birth Plan

A one-page communication tool to share what matters most with your care team.

NAME

DUE DATE

PARTNER / SUPPORT

CARE PROVIDER

BIRTH LOCATION

DOULA

How to use this: fill in what matters to you, keep it to about one page, and share it with your provider by 35 to 36 weeks. Bring a few printed copies to your birth. It's a conversation starter, not a contract.

1 About You

Two or three sentences that help your team see you as a person: who you are, who is with you, and anything that would help them support you (previous birth experience, anxiety, fear of needles, a language need).

2 Labor Environment

A calm, private environment helps labor progress. Check what matters to you and add notes.

- | | |
|---|---|
| ☐ Dim lighting | ☐ Our own music / playlist |
| ☐ Quiet, minimal interruptions | ☐ Freedom to move and change positions |
| ☐ Access to tub or shower | ☐ Birth ball available |
| ☐ Only our chosen birth team in the room | ☐ Intermittent monitoring if I am low-risk |

Notes:

3 Pain Management

You do not have to decide everything now. Share how you want to make decisions in the moment.

- | | |
|--|---|
| ☐ Planning an unmedicated birth | ☐ Planning to use an epidural |
| ☐ Undecided, open in the moment | ☐ Please do not offer medication, I will ask |
| ☐ Want comfort measures offered | ☐ Water, movement, massage, counter-pressure |

Notes:

4

Interventions

You have the right to be informed and consulted before any non-emergency procedure. State your preferences.

- | | |
|--|---|
| ☐ Please consult me before non-emergency interventions | ☐ Prefer a saline lock over a continuous IV |
| ☐ Discuss before Pitocin augmentation | ☐ Discuss before breaking my water |
| ☐ Prefer to avoid episiotomy, try warm compresses first | ☐ I would like to choose my pushing position |

Notes:

5

Birth & Immediate Postpartum

The moments right after birth are hard to redo. Put your priorities in writing.

- | | |
|---|--|
| ☐ Delayed cord clamping (1 to 3 min or until it stops pulsing) | ☐ Immediate skin-to-skin |
| ☐ Delay newborn measurements, do them on my chest | ☐ Protect the golden hour for bonding and feeding |
| ☐ Feeding plan: breastfeeding | ☐ Feeding plan: formula / combination |
| ☐ Please offer lactation support | ☐ Partner would like to announce the sex |

Notes:

+

If a Cesarean Becomes Necessary

Even planning a vaginal birth, note your preferences so they are not lost in an unplanned surgery.

- | | |
|---|--|
| ☐ Clear drape so I can see my baby born | ☐ Partner present in the OR |
| ☐ Skin-to-skin in the OR if baby is stable | ☐ Delayed cord clamping if possible |

The Flexibility Clause

End your plan with this. It turns your birth plan from a demand list into an invitation to collaborate.

We understand that birth is unpredictable, and we trust this team to keep us and our baby safe. If anything needs to change, please explain it to us clearly. We will listen and we will work with you. We are not trying to control birth, we are trying to be present for it. Thank you for being part of this.

Birth Plan Checklist

Work through these before your due date so your plan actually gets used.

- ☐ Kept it to one page (front and back at most)
- ☐ Led with who I am, not a list of refusals
- ☐ Used collaborative language, not I refuse or I demand
- ☐ Shared it with my provider around 35 to 36 weeks
- ☐ Asked if anything conflicts with their typical practice
- ☐ Walked through every section with my partner
- ☐ Printed 4 to 5 copies to bring with me
- ☐ Added the flexibility clause at the end
- ☐ Included my cesarean preferences, just in case
- ☐ Saved a copy for my records and my birth story

Want help building yours?

My birth prep coaching walks you through your plan and the preparation that makes it matter, all virtual. Book a free 15-minute consultation at virtualbirthco.com/book.