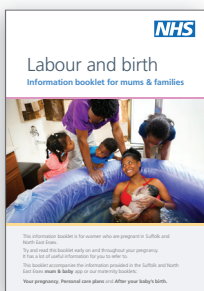


Personalised birth preferences



A birth plan supports you (and your birth partner/s) to make informed decisions about your care in labour. Sharing your preferences with your care providers enables them to personalise the care they give you. All of these questions relate to information found within the **Labour and birth booklet** or **Labour and birth** section in the Suffolk and North East Essex **mum & baby app**.



Please read the content and explore the links prior to completing. Work your way through the questions at your own pace. You can show this plan to your midwife from 34 weeks onwards.

1. **I am aware of my three choices of birth setting (home, birth centre and labour ward) and have had a discussion with my midwife/doctor about which option is recommended for me.**

I would prefer to give birth...

- ☐ at home
- ☐ in a birth centre
- ☐ in a labour ward
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

Certain options might be recommended for you based on your personal health and pregnancy.

My thoughts, feelings and questions:
