

# What is a personal care plan?

Personal care plans help you to explore, understand and record your individual choices for pregnancy, birth and early parenthood. Every woman and family is different, with individual needs, which have an influence on care and preferences. Decisions regarding care should be made in partnership with your maternity team and those close to you (such as family and friends). Plans can adapt as your pregnancy progresses if needed. Personal care plans are for everyone, whether it is your first baby or your fifth!

In this booklet you will find personal care plans for:

<b>• Health and wellbeing in pregnancy</b>	<b>5-10</b>
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Complete at the beginning of (or anytime during) your pregnancy

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<b>• Personalised birth preferences</b>	<b>11-18</b>
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Complete from 32-34 weeks of pregnancy

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<b>• After your baby is born</b>	<b>19-25</b>
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Complete from 34 weeks of pregnancy

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<b>• Birth reflections</b>	<b>26-29</b>
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Complete after your baby's birth

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Your midwife and/or doctor can help you to complete or adapt your personal care plans at any point, and you are encouraged to share your plans and preferences with them throughout pregnancy.

It is important to remember that a plan is just that – and that things may need to be reviewed and changed around your needs and the needs of your baby, to ensure care is always high quality and safe.