

Once you have decided on where you would like to have your baby (see page 47 of this booklet) you can use a birth plan to consider your options for:

- any preferences or needs you have
- who will be your **birth partner(s)**
- how you feel about having a **student present** during labour/birth
- whether you would like to use **water** for pain management and/or birth
- **different positions** for labour/birth
- **coping strategies** and pain management
- hypnobirth
- how you feel about vaginal examinations
- whether you would like continuous or intermittent **monitoring of the baby's heart** during labour
- who will cut the cord/optimal cord clamping
- skin-to-skin contact
- any preferences you have in relation to feeding your baby
- how you would birth your placenta (afterbirth) - physiologically – with no medications - active – with an injection immediately after birth
- vitamin K and BCG vaccination for your baby
- any preferences you have if an assisted or caesarean birth is recommended

It is useful to think about how you would like your baby's birth to be in the event of having an **induction of labour** or a **caesarean birth** – planned or unplanned, and to ask your midwife or doctor what things you might need to consider for your own personal circumstances.

Your midwife will discuss your preferences with you again when you are in labour and any reasons to consider changing the plan. You can share your birth plan with your midwife when you meet at the hospital (or at home if you are planning a homebirth).

Complete your own personalised birth preferences plan on the Mum & Baby app