

## my birth

# birth preferences

A birth plan helps your care team understand your preferences and needs during your birth. It's not required, but it helps make sure you get the best care for you

## A birth plan. . .

### . . . gets everyone on the same page

It helps your midwife understand what is most important for you during your birth, and in the case of an emergency. Remember that no one knows how your labor will unfold, so we encourage you to give yourself flexibility to change your mind. It improves communication between you and your care team, including nurses, and possibly anesthesiologists, pediatricians, or obstetricians.

### . . . gets you ready

It encourages you to talk about your thoughts and feelings about the upcoming birth with your support team, including your partner, doula, or other family and friends. It can help identify any questions you might have about birth that you haven't thought to ask yet, and helps guide you through scenarios you might want to be prepared for.

### . . . answers important questions

Your birth plan answers questions about pain management, who will be with you, how you want to labor, what support you want from your care team, what you want to happen after delivery, and details of care for your baby once they are born.





## What are some general guidelines to get started?

There are many different ways to create a birth plan and you can choose what feels right to you. You can make your own, but there are many great templates you can use. Your birth plan should be about a page.

### Some templates to guide you:

- <https://www.marchofdimes.org/materials/birth-plan.pdf>
- <https://www.mamanatural.com/birth-plan-template/>
- <https://quilted.link/unityplan>

### Reminder!

Bring your birth plan draft to a visit with your midwife well before your due date so you have time to discuss it and make additions or edits as needed.