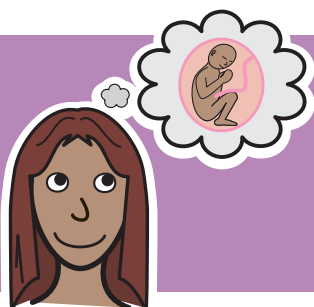
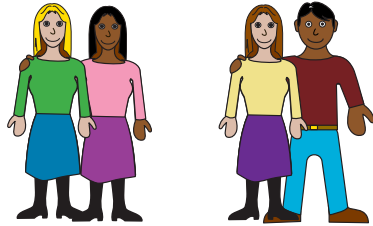
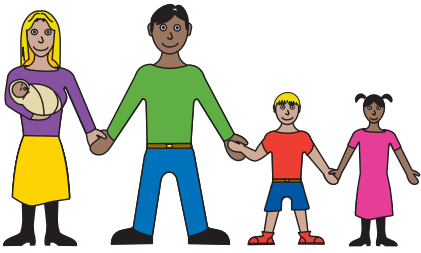


my birth plan



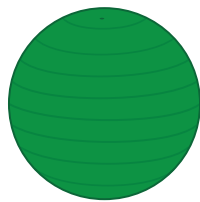
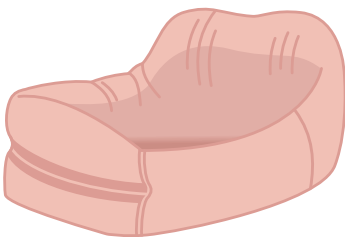
**An easy guide to
planning your birth**

Who I want with me during my labour and birth



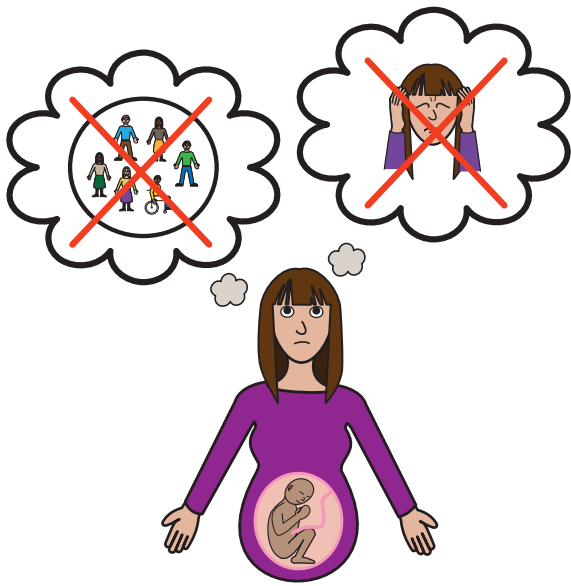
- my partner
- my friend.
- a member of my family.
- my support worker.
- or someone of my choice.

Things I would like to help me during my labour and birth



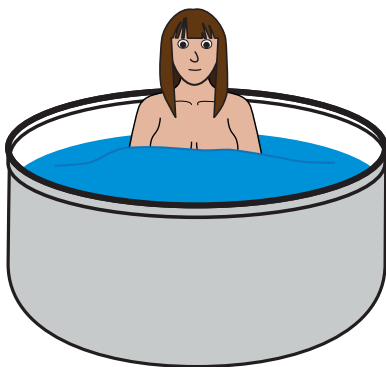
- beanbags.
- moving around.
- birth ball.
- massage.
- TENS.
- my own music.
- baths or showers.
- encouragement and support.

Things I may not like during my labour and birth



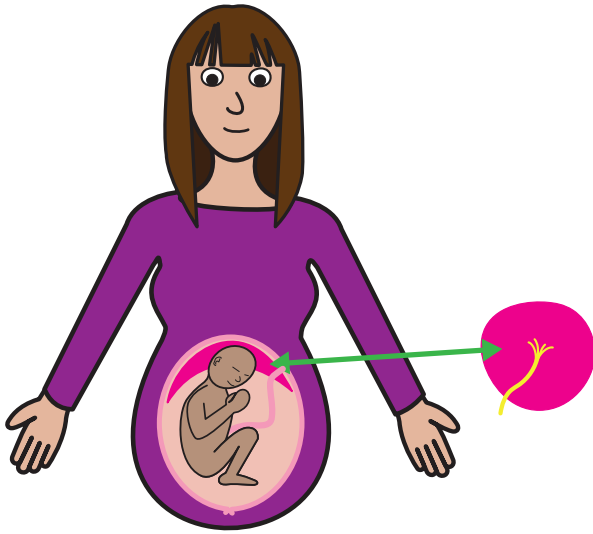
- loud voices.
- too many people.
- too warm/cold.
- low lights or bright lights.
etc.

Pain relief I am thinking about during my labour and birth



- the water pool.
- paracetamol.
- gas and air (entonox).
- diamorphine.
- epidural.

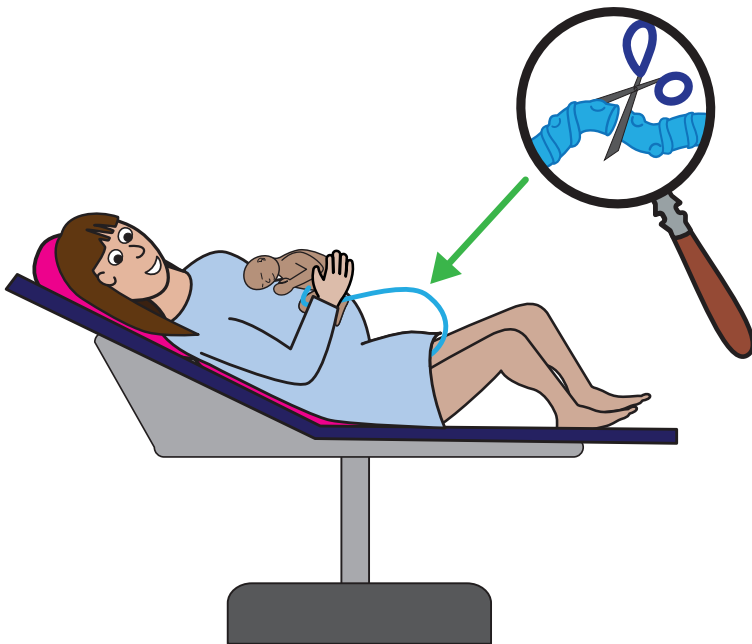
What is a placenta and how would I give birth to it?



naturally

with an injection.

What is the cord and who do I want to cut it?

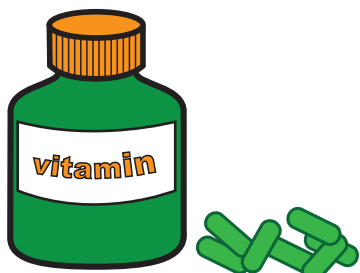


me.

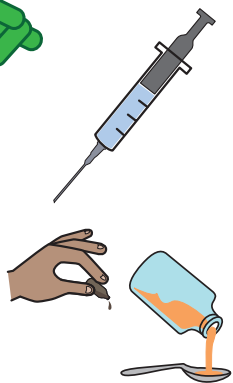
my birth partner.

the midwife.

What is vitamin K and do I want my baby to have it?



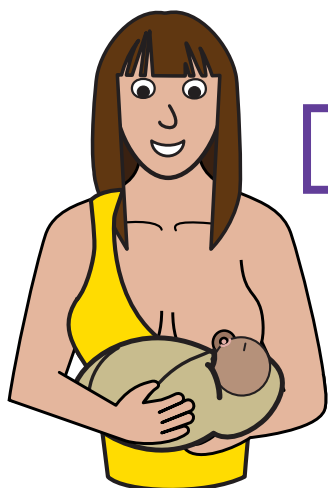
do I want my baby to have vitamin K
& if so by



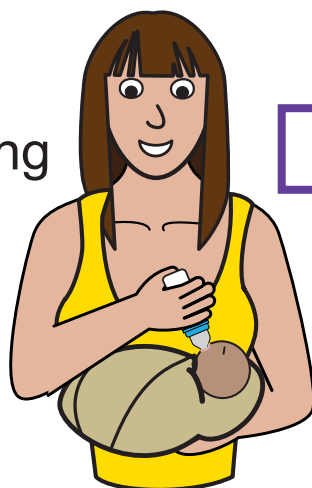
injection.

orally.

How I would like to feed my baby



breastfeeding



bottle feeding

mixed feeding



We help all mum's to have skin
to skin contact with their baby.

Important things I want you to know about me and my choices

