**Birth Plan Sample 1​ – Water birth**

We are aiming for a natural, unmedicated water birth and would like the freedom to progress without unnecessary intervention. Should my labour take a different path, I thank you in advance for discussing my options so that we can make an informed decision.

Staff in delivery suite:  Please no students. My partner and doula will be present.

Doula name:

Enema: No thank you.

Electronic foetal monitoring (EFM): Cordless monitoring only

Turned to MUTE (along with other noisy machines in delivery suite)

Vaginal examinations: On admission, after that on mum’s/Dr’s request only

Movement in labour: I will labour and birth in the position of my choice

Augmentation (speeding up labour): Only if medically necessary

Room: Dimmed lights, low, calm voices in birthing room & no flash photography, own music to be played (iPod or CD)

Food and drink: I will eat to hunger and drink to thirst.

Pain relief: None to be offered at all, at any time

Second stage breathing: Mother directed pushing, push and breathe in a way that feels right to me (no counting or breath holding unless I want to).

Episiotomy: None at all, I’d prefer to tear and will adopt positions that minimise the risk of tearing.

Delivery of baby: Baby to be passed to Mum and left skin to skin. Do not wipe down the baby. We have our own receiving blankets that will cover the baby.

Discovery of baby’s sex: Father to announce sex of baby

Suctioning: Only if baby has difficulty breathing

Stitches: Stitches for any tear preferred

Separation of baby and mum: None at all, unless baby is unwell, dad to be with baby

Umbilical cord: Delayed cord clamping, after cord ceases pulsating, cut by dad

Blood test using umbilical cord blood: Paternity & Maternity test using cord blood.

Delivery of placenta: Natural delivery of placenta, no syntocinon/no syntometrine

Placenta: Would like to see it only

Breastfeeding after vaginal birth: Immediately after birth

**(Caesarean Birth – if medically necessary)**

Caesarean anaesthesia: epidural or spinal preferred

Partner in operating theatre: Partner present throughout (including as epidural is placed)

Screen: Screen to be lowered as baby is born

Discovery of baby’s sex: Father to announce baby’s sex

Separation of mother and baby after Caesarean:

None at all unless medically necessary

Breastfeeding after Caesarean: In recovery room immediately after birth

**Postnatal**

Feeding method: Breastfeeding exclusively

Supplements: No pacifiers, glucose water or formula to be given at all

Vitamin K: Administer routinely

Rooming in: Baby to be with mother at all times

Vaccinations: None in hospital. Heel prick test and hearing test OK

Washing: Baby to be washed by mum/dad in postnatal room

Partner staying: Yes husband staying overnight

Jaundice testing: No routine checking – only to be checked if signs of a problem

Jaundice treatment (if necessary): In parents’ room