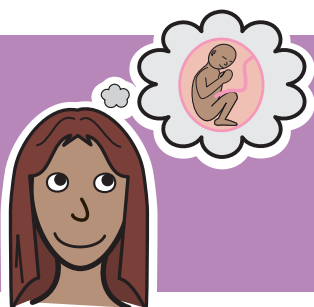
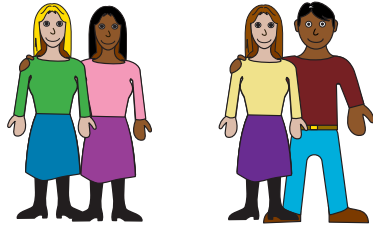
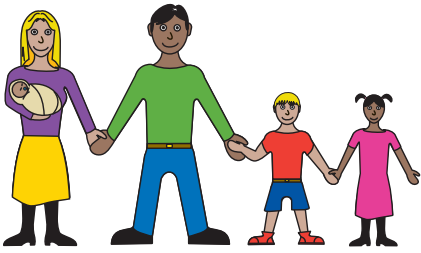


# my birth plan



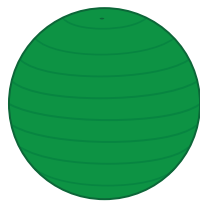
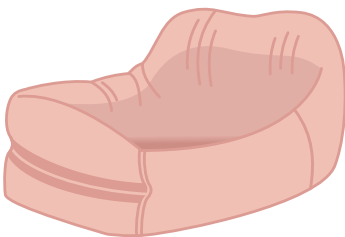
**An easy guide to  
planning your birth**

## Who I want with me during my labour and birth



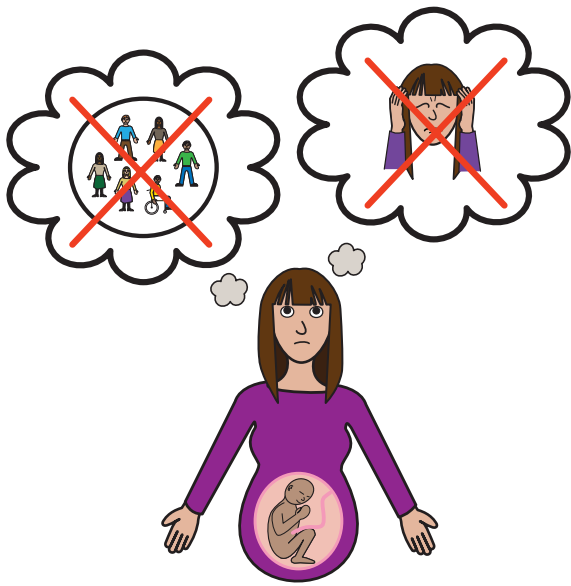
- my partner
- my friend.
- a member of my family.
- my support worker.
- or someone of my choice.

## 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



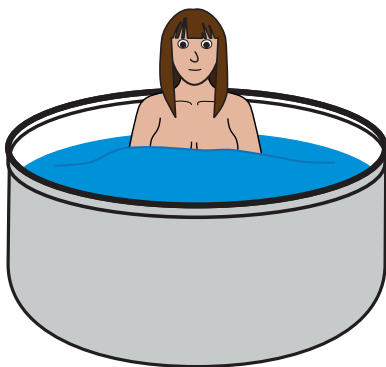
loud voices.

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.

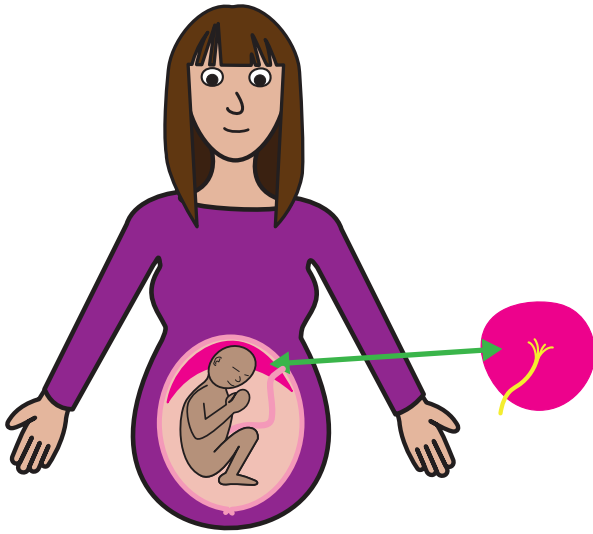
gas and air (entonox).

diamorphine.

epidural.



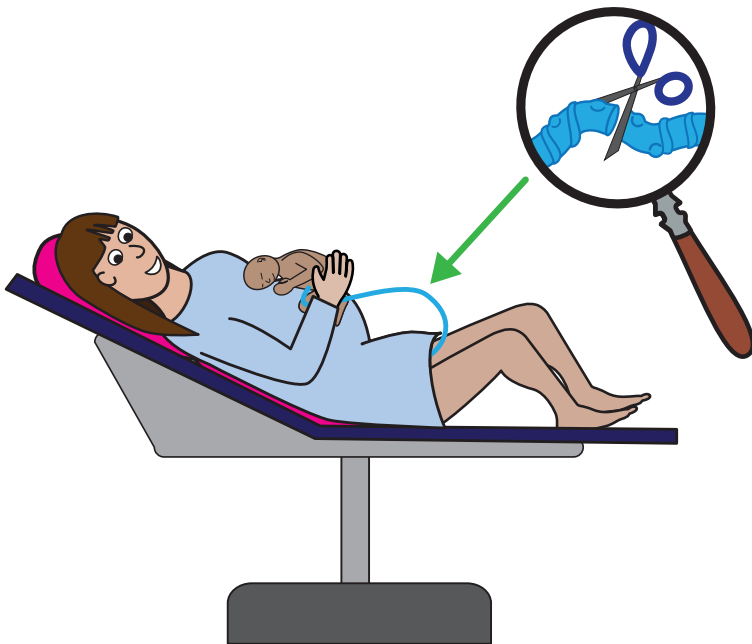
## What is a placenta and how would I give birth to it?



naturally

with an injection.

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

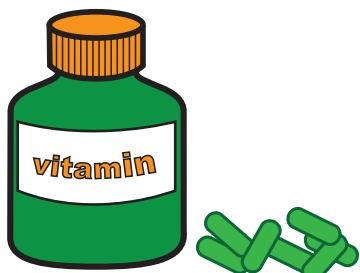


me.

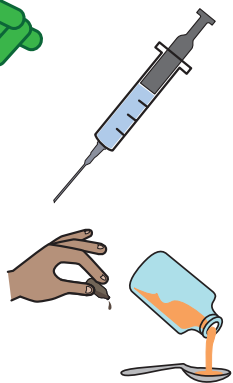
my birth partner.

the midwife.

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



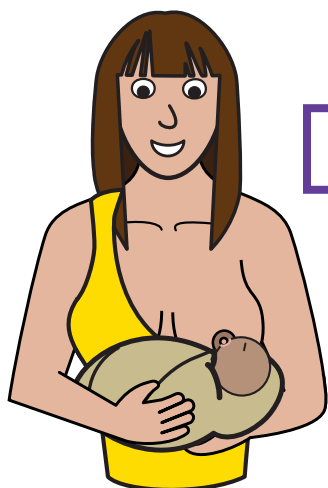
do I want my baby to have vitamin K  
& if so by



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

