

BIRTHPLAN FORMAT



ABOUT ME

NAME:

DATE OF BIRTH:

PARTNER:

DUE DATE:

"I am giving birth to our ..th child.

I have given birth before, yes/no?

If YES; the feeling I have about this delivery is:

1. **Satisfied or happy or neutral**
2. **Anxious, tense**
3. **Angry**
4. **Sad, disappointed**

Explanation of my feeling is:

Wishes for the dilation phase:

How would you like to be supported?

1. I would like a lot of encouragement and I think I need a lot of explanation and guidance.
2. I prefer to be left alone as much as possible.

Remind me of: *

*Examples of what you can write here: breathing techniques you have learned, that I'm doing it for the baby, that I can do it, that I'm doing very well, changing positions, etc.

Whises for the pushing phase:

I find pushing:

1. **Anxious**
2. **Fine, I look forward to it**
3.

What I find anxious during labor, or what I am apprehensive about:

*Examples of what you can write here: an episiotomy, a cesarean section, induction, pain, injections, needles, internal examination, etc.

What makes you apprehensive about this?

Suppose what you find difficult still needs to happen, what can your caregivers do for you? *

*Examples of what you can write here: reassure me extra, give me the explanation again, speak to me a bit clearer or "firmer," etc.

In case of emergency procedures, I prefer it if you:

1. Explicitly ask for my consent. For example: "You need a cesarean section/episiotomy because your baby really needs to come out. It's not safe to wait. Do I have your permission for this?"
2. Give me clear and good explanations and just announce and do it. For example: "You need an episiotomy/cesarean section because the baby really needs to come out. It's not safe to wait. I will tell you exactly what I'm doing."

If I am anxious then:

1. You can see it clearly, it's obvious, I usually also say how I feel.
2. I may appear very calm, sometimes you won't notice anything about me.

What can your caregivers do for you, especially when you're anxious? *

*Examples of what you can write here: make eye contact with me, ask me extra if everything is okay, give me more information, touch me with, for example, massage, etc.

You can also write down what you find important, what you would like. You can think about choices such as breastfeeding or bottle-feeding, home birth or hospital birth, pain relief, etc.

What I would like:

Where can caregivers pay extra attention?

We hope we have obtained a good understanding of you and your wishes for the birth of your child. Let us know if you need anything, we are here for you!

Good luck with the delivery!

HAS WRITING THIS BIRTH PLAN MADE YOU ANXIOUS OR SAD? DISCUSS IT WITH THE MIDWIFE. IF YOU NEED EXTRA SUPPORT OR COACHING, YOU CAN CONTACT ARJENNE HOEKSEMA, MIDWIFE & COACH.

**ARJENNE
HOEKSEMA**
VERLOSKUNDIGE
& COACH