Birth Plan Worksheet

This worksheet will help you think about your preferences for your labor, birth and hospital stay.

**Labor**

What would make your labor room more comfortable (such as, lighting, music, extra pillows)?

__________________________________________________________________________

Whom do you want present for labor?

__________________________________________________________________________

Do you have a specific concern about childbirth?

__________________________________________________________________________

__________________________________________________________________________

How can your nurse and health care provider address that?

__________________________________________________________________________

__________________________________________________________________________

What comfort measures do you want to use?

__________________________________________________________________________

__________________________________________________________________________

What are your feelings about pain medicine for childbirth?

__________________________________________________________________________

__________________________________________________________________________

How can your nurse help you with your comfort?

__________________________________________________________________________

__________________________________________________________________________
Do you want your nurse to give you recommendations for comfort measures as you labor?  

What are your preferences for pain medicine?  

How can your nurse help you regarding your pain medicine preferences?  

What role do you want to have in decision making?  

If there is a medical concern regarding you or your baby, what things are most important to you?  

**Birth**

Whom do you want present during your baby’s birth?  

What pushing techniques or positions do you want to try?  

Does your support person want to help with your baby’s care, such as cutting the cord?  

What are your preferences related to a Cesarean birth?  

**The First Hours After Birth**

Whom do you want present soon after your baby is born?  

What things are most important for you to do right after your baby is born?  

How can the staff help with that?