

# My Birth Plan

Please ask your midwife to explain anything you are unsure of

Who will be with me when I am in labour:



Partner

Friend

Parent



Carer

When you are in labour a midwife will be with you all of the time to support you.

I am happy to have students care for me too



Yes

No

I am undecided

## Things I would like to try in labour and how you can support me:

Here are some examples but please add anything else:



Playing music

Massage and touch

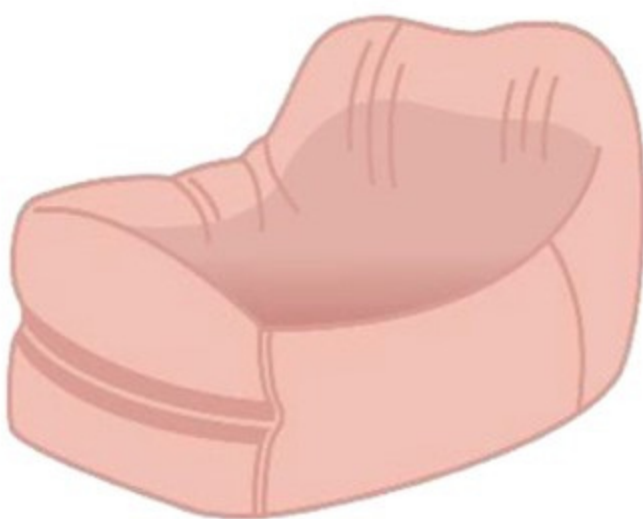
Use of a beanbag

Use of a birthing ball



Use of a bath

Walking around and mobilising



## Things I might not like in labour:



Loud noises

Being touched

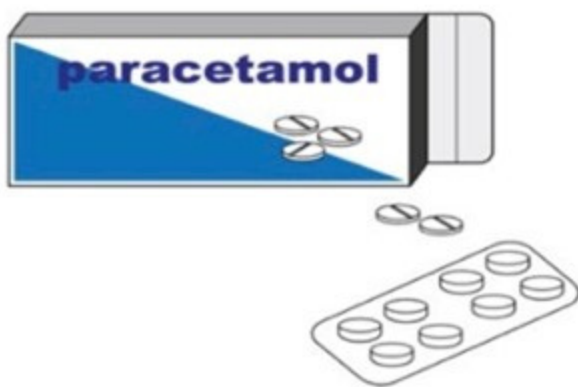
Bright lights

## Pain relief I am considering:

Water (Using the bath or shower)

Hypnobirthing (Relaxation and breathing)

A TENS machine



Paracetamol

Entonox (Gas and Air)

Pethidine (by injection into your leg)

Epidural

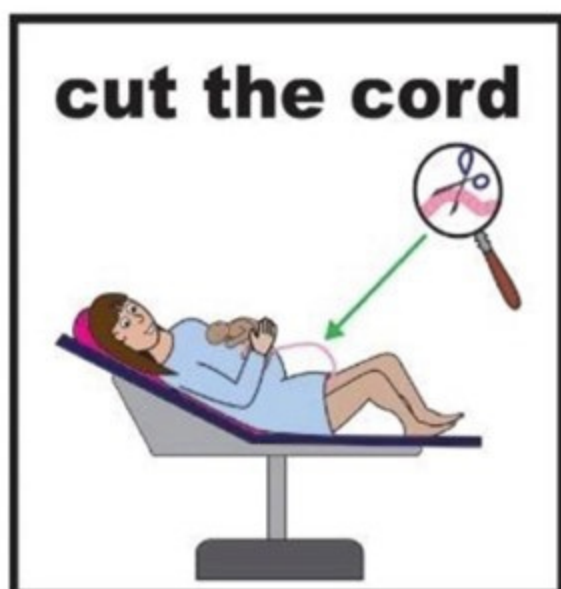




To check if you are in labour you may be offered a vaginal examination.

If you agree to this, you will be asked to remove your underwear and given a sheet to cover your stomach and legs.

The Midwife or Doctor will wear a pair of sterile gloves and insert 2 fingers gently into your vagina to feel inside. The examination can be stopped at any time.



When baby is born, baby will be attached to your placenta by a cord. When baby has all the blood he or she needs from the placenta, the cord can be cut.

Who I would like to cut the cord?



How I would like to give birth to my placenta

Injection

Naturally



We help all women to have skin to skin contact with their babies. It can help keep the baby warm and help you recognise when baby is hungry.

How I would like to feed my baby:



Breast



Bottle

I am happy for my baby to have Vitamin K

Yes

No

How this is to be given



Injection



3 medicine doses

Anything else I would like you to know about me:



## Plan of care following birth

Things I would like support with if I go to the postnatal ward:

Examples:

Orientation to the ward

Dim lights

A side room (If available)

Quiet area to sit

A list of the ward routine (Visiting times, mealtimes)

Anything else:



Please use these maternity plans to initiate conversations between you and your maternity team.

The examples given here are prompts to think about any adjustments your maternity team can make to support you.

Information given in the plans is brief and can be used to initiate care option conversations.

For further support or feedback feel free to contact me directly at:

[Karenhenry10@sky.com](mailto:Karenhenry10@sky.com) or [Karen.Henry@esneft.nhs.uk](mailto:Karen.Henry@esneft.nhs.uk)

With the very best of wishes for your pregnancy journey,

Karen Henry

Thanks to  easy on the *i*

With special thanks to Dean Milner-Bell for creating the images used in this support plan. Further images can be found at: <https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/>