

My Birth Plan

My/our name(s):

A bit about me/us:

Our thoughts about giving birth:

Our wishes regarding the environment:

What I think about pain relief:

Pain relief methods I do/do not want to try:

Birth positions I would like to try:

What I worry about the most regarding this child birth:

What you should know about the last time I gave birth:

How you can support me the best:

How you can support my spouse the best:

My ideal childbirth:

Cutting the umbilical cord:

After our baby is born, we would like...

In case of emergency:

Other comments:

Thank you so much for the support during the birth of our baby!

