

# Birth plan



This birth plan belongs to:

Who would you like present at your birth?

Your partner, a family member, a friend, maybe a student midwife?

Where would you like to give birth?

Feeding my baby

Breast milk/Formula

## Positions

In which positions would you prefer to spend active labor in?\*

For example in the bath, standing or laying on your side.

In which position would you prefer to give birth in?\*

For example on the birthing stool or in the bath.

\*Don't mind if you don't have an answer ready. During labour, we can work together to see which position is best for you.



Scan for inspiration!

I need this to relax

This is what I need from my healthcare providers

Who makes choices for you and your baby when you cannot do it yourself?

How do you plan to deal with pain during childbirth?

I worry about:



*Scan for  
more info  
on  
childbirth*

When things unexpectedly turn out differently,  
the following helps me:

**Tip!**

Also make a maternity plan outlining what you like during your maternity week. For example, think about visits, rest and check-ups.

For my partner, it is important:



Do you have any other  
requests or wishes?

What do you think is  
important after childbirth?