

Creating Your Birth Plan/Birth Preferences List

Take a moment to envision how you would like your birth to go. Don't plan for anything unexpected in this vision. If you could have your dream birth, what would it look like? Jot down your vision below. Then use the headings to create bullet points that help to sum up what you would like to see in your upcoming birth. Include what you would be sensing. {Sight, sound, smell, feel}

Atmosphere

Movement

Early Labor

Active Labor

Pain Management Options

Pushing

Newborn Care

Delivery of Placenta