



mystri
MUMMA

BIRTH PLAN PROMPT SHEET

ENVIRONMENT

Creating the right environment is important, so consider what you would like to help you during labour. Are you considering dim lights if so how are you going to get this effect? Also consider the language you prefer and make a note of this so others are aware.

STAGES

What would like for each stage of labour? Have you practiced some positions you like? Have you discussed this with your partner? Make a note of how you think you can be best supported in different stages now so you don't have to explain during the process.

ALTERNATIVES

It is important to have Plan B, C- Z so you can mix and match if the circumstances change. Research what you can do for different journey's so if things deviate from Plan A, you can still remain in control.

POST BABY

Consider what you would like to do as part of your Golden Hour and what you would be happy to change/ adjust to if the situation called for it. Discuss this with your partner so they can support your choices and be your voice if needed.