

## Birth plan

The birth plan is a useful resource for you and others to prepare for the birth of your child. It helps you, your partner and your gynaecologist or obstetrician to clarify your expectations.

### Four weeks in advance

Bring the completed plan to your birthing consultation. If you have completed the birth plan with your partner, it is a good idea to attend the consultation together.

This birth plan is added to your records so that it's always available, before and during the birth of your child. When you submit the birth plan, your answers do not have to be definitive. You may always change your mind, even during the delivery.

### Good to know

- Your obstetrician or gynaecologist will explain the birthing options (a birthing stool, bath and birthing positions).
- Up to three other people may attend the birth at the hospital.
- An assisted delivery will only be performed if it is medically necessary.
- Your loved one or family member may cut the umbilical cord should he or she so wish.
- Our goal is to place your baby on your chest after the delivery. And, should you choose to breastfeed your baby, you will be given the opportunity to do so within an hour of the delivery.
- According to HMC policy, filming is not allowed during the delivery. Photos, however, are permissible.
- Your obstetrician or gynaecologist can meet many of your wishes. We will, naturally, continue to operate within the medically responsible limits.

Your name \_\_\_\_\_

Your date of birth \_\_\_\_\_ Due date \_\_\_\_\_

Your obstetrician practice or  
gynaecologist \_\_\_\_\_

Wishes for coaching  
\_\_\_\_\_  
\_\_\_\_\_

Ideas about pain relief \_\_\_\_\_

Preference for  
birthing position \_\_\_\_\_

Wishes for your baby \_\_\_\_\_

Wishes for the placenta \_\_\_\_\_

Wishes for the maternity  
care period \_\_\_\_\_

Other points of interest  
\_\_\_\_\_  
\_\_\_\_\_