Planning for Labour and Birth

This document is a chance for you to think about your wishes for your labour and birth. You can write your answers here and share them with your support people including your midwives and/or you can use these questions to help guide your thinking and discussions about your birth. ***Keep in mind that labour and birth are often unpredictable, plans may need to change due to circumstances and ongoing communication with your midwives and health care team will help you understand and adapt to the process.***

My midwives are:__________________________________________________

My birth companions are:___________________________________________

Who do you want in the room at the time of the birth: ________________
__________________________________________________________________

Desired birthplace: _________________________________________________

Do you have any dietary restrictions/requests/observances:______________
_________________________________________________________________

Do you have a disability that should be considered during your labour and birth and what would help you during this time?
_________________________________________________________________

Are there any cultural or religious needs that you would like to share with us?
_________________________________________________________________
If you have children:

Is there something in a past birth that you loved and would like again?

_________________________________________________________________

Is there something in a past birth that you didn’t like and would like to avoid?
_________________________________________________________________

What are your plans for childcare? _______________________________________
_________________________________________________________________

Can you share your thoughts about these labour and birth options?:

Water (bath or shower) for pain management? _____________________________
_________________________________________________________________

Using alternative remedies?_____________________________________________
_________________________________________________________________

Nitrous oxide/laughing gas for pain relief? (available only at the TBC)
_________________________________________________________________
_________________________________________________________________

Using Epidural Anesthesia? _____________________________________________
_________________________________________________________________

Using artificial rupture of membranes? _________________________________
_________________________________________________________________
Doing active or expectant management of the 3rd stage (delivering the placenta)?

_________________________________________________________________

Is there an ideal position you want to give birth in: ______________________

_________________________________________________________________

If interventions are needed during your birth like oxytocin, an episiotomy, forceps, vacuum, cesarean section is there anything you need during this time?

_________________________________________________________________

How do you feel about skin to skin between you and baby and between baby and your birth companion(s)?

_________________________________________________________________

_________________________________________________________________

Who would you like to cut the babies cord? ____________________________

What are your plans for feeding the baby? What do you know & how do you feel about breastfeeding/chestfeeding?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

If your baby needs to go to the nursery would you like your birth companion to go with the baby? _________________________________
Do you have an installed car seat with a checked expiry date?

_________________________________________________________________

Is there something in your past life experiences that you predict may influence (give you strength and/or create a challenge for you) during your birth experience?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Do you have any other questions, concerns or anything you would like us to know specifically about your upcoming birth? ______________________

__________________________________________________________________

___________________________________________________________________

___________________________________________________________________

___________________________________________________________________

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• Vanessa Dixon RM • Sarah Fallis RM • Jennifer Gardiner RM • Tracy Gerster RM • Kambili Husbands RM
• Shannon Jones RM • Nabal Kanaan RM • Sophia Kehler RM • Sarah Leslie RM • Melinda Levy RM
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