

Birth Plan



This birth plan helps to know your expectations to assure that the birth of your child will be the most enjoyable experience!

Presentation

Name of the mother: _____

Date of birth: _____

Name of the father : _____

We expect (sex of the baby) : _____

Baby's name (if you have already chosen): _____

I would like the presence of the following persons:

Here is how I feel about this experience of birth:

Mother: _____

Father: _____

What you should know about me (additional information or special needs, strengths, previous experiences):

My fears or my concerns: (with ones?)

During the labour

I expect:

The way I would like to relieve the pain: (bath, massage, relaxation, pressure point, breathing, ball, Bonapace method, epidural, ect.)

During the delivery

If possible I want it to be (name of the person) _____

_____ witch hosts the baby
and (name of the person) _____ who will
cut the umbilical cord.



Feeding and baby's care

The way I want to feed my child is:

So it is very important for me that:

I would like to inform you that (past or current experience, training received, contact with a breastfeeding godmother, doula, etc.) :

About the cares for my baby (weighing, measuring, injection of vitamin K, ect.) I would like:



From the birth of your baby and throughout your stay at the hospital, you or a member of your family will be encouraged to practice skin-to-skin contact with your baby.



It is scientifically proven that living 24 hours a day with your baby reduces the stress of separation on the newborn and helps to establish the response rate to the baby's needs. In the absence of the father, who are the persons that can help me to ensure that baby is in contact with his family/friend anytime :

Unexpected

In case of unforeseen (emergency caesarean, preterm birth, sick baby, ect.) I would like :

Back home

Here are resources that can help me during our homecoming:

CLSC nurse: _____

Breastfeeding godmother: _____

Others: _____

Update December 2013

The perinatal team CSSSBC

Centre de santé et de services sociaux
Baie-des-Chaleurs

