



BIRTHPLAN

Having a birthplan can help to improve the process of your birth. By writing down and sharing with us your wishes and expectations for your birth, we get to know you better and can take your wishes into consideration.

Of course, through all the consultations you have had with us during your pregnancy, we have some idea already. But the possibility exists you might be transferred during birth. In that case it may be so that part of your birth is not being supervised by us, but by a doctor-assistant or a medical midwife who has not seen you before. We see in such situations that hospital staff carefully read through a birthplan and, if possible, adjust their policies to your wishes or preferences.

Another good reason to write a birthplan is that you yourself will start thinking about what you and your partner have as preferences for the birth. We know from research that women who are well prepared for childbirth look back at their birth with more satisfaction. The same applies to women who feel that they are being listened to carefully during their birth and whose wishes are respected. So you can improve both points by writing a birthplan.

Tips for writing a good birthplan:

- ❖ Keep it short, think of a maximum of one A4 size sheet. We also have birth plans with only 2 sentences. That's also fine.
- ❖ Do not set fixed requirements. Remember that sometimes a lot is possible, but sometimes there is not. Try to express things that you want as a wish, eg 'I would prefer the umbilical cord to stay intact until after it has stopped pulsating'. This way you indicate that if absolutely necessary, you understand that it will be cut sooner.
- ❖ Dare to write down the things you want, as you prefer them. Do not let yourself be limited by your fears and insecurities. Or by the fear that what you want might not be possible. Or that others might find your wishes / requests strange. Just assume that we have encountered many different wishes and that anything is negotiable.
- ❖ Do know that we understand that any plan can change during the birth. If you have written down that you would rather not receive pain relief during childbirth, but you change your mind about that in the birthprocess, then of course the plan will change. We really do not mind that, it's not a problem.

Good luck with the writing of your birthplan.



WISHES FOR MY BIRTH

Birthplan of:

Partner:

Other people present:

- ❖ Have you ever given birth before and what have you experienced as pleasant and / or what not?

- ❖ How have you prepare for this birth?

- ❖ How do you view and / or feel about this upcoming birth?

- ❖ Do you have an idea where you would like to give birth? Home or hospital or birthcentre? (which would be your preferred hospital?)

- ❖ Do you have any special wishes regarding the support you would like to receive during the birth?

- ❖ How do you feel about managing the contractions (or surges) and dealing with pain during the contractions? (think of different positions, having a bath / shower, coaching, any other or alternative pain management you would like to tell us about)

- ❖ Should care be taken over by the hospital, do you have any special wishes in that case?

- ❖ How would you like the people that are present to handle your child?

- ❖ Of which moments would you like photos / video to be taken?

- ❖ How would you like to feed the baby? Would you prefer to breastfeed or not? Do you have any special wishes regarding this?

- ❖ Are there any other things regarding the birth that could be important for us to know about or that you would like to share?