

Your Birth Plan

A flexible guide to help you communicate your preferences with your birth team.

Birth is unpredictable, and preferences may change as labor unfolds. Use this plan to identify what matters to you, start conversations with your provider, and help your care team quickly understand your priorities.

About You

Parent / birthing person name	
Estimated due date	
OB / midwife / practice	
Planned birth location	
Partner / support people / doula	

Labor Environment

Who should be present during labor?	
Lighting preference	
Sound preference	
Clothing preference	
Photos / video	
Additional environment notes	

Labor & Birth Preferences

Choose what matters to you. "Discuss first" is always a reasonable option.

Movement & Comfort

Freedom to move / change positions

Shower / tub during labor

Birth ball / peanut ball / positioning tools

Eating / drinking during labor

Monitoring & IVs

Fetal monitoring

IV preference

Pain Management

Pain management approach

Nitrous oxide

IV pain medication

Epidural

Interventions

Pitocin / labor augmentation

Breaking the water (AROM)

Cervical exams

Other intervention preferences or questions

Pushing, Birth & Newborn Care

Review newborn and cesarean preferences with your medical provider before delivery.

Pushing & Birth

Pushing style	
Pushing positions	
Mirror / touching baby during birth	
Perineal support	

Immediately After Birth

Skin-to-skin	
Cord clamping	
Who cuts the cord?	
First hour	
Baby's first bath	

Feeding & Newborn Care

Feeding preference	
Lactation support	
Pacifier	
Vitamin K	
Eye ointment	
Hepatitis B vaccine	

Cesarean & Final Notes

These preferences can be helpful for a planned or unexpected cesarean birth.

If a Cesarean Is Needed

Support person / doula	
Drape preference	
Skin-to-skin in OR / recovery	
Delayed cord clamping during cesarean	
Keep baby with me	

Top Priorities

My #1 priority	
My #2 priority	
My #3 priority	

Anything Else?

Additional notes for my care team	
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Helpful reminder
Preferences can change at any time. Ask questions, request clarification, and discuss benefits, risks, and alternatives with your provider.