

Birth Plan

A starting point to talk through with your care provider

Your Name _____

Due Date _____

This is a starting point for a conversation with your provider, not a fixed script, birth rarely goes exactly to plan and that's okay. Fill in what matters to you and leave the rest blank.

Who's Involved

Support people you'd like present, and their role

Labor Preferences

Pain management (unmedicated, epidural, open to either, etc.)

Movement, positions, or comfort measures you'd like available

Music, lighting, or anything else for the atmosphere

Delivery Preferences

Who you'd like to announce the baby's sex, if you don't already know

Delayed cord clamping, skin-to-skin, or other immediate preferences

After Birth

Feeding plan (breastfeeding, formula, combination)

Visitor preferences for the hospital stay

Anything else your care team should know

Worth remembering. Share this with your provider well before your due date so they know your preferences and can flag anything that might not be possible at your hospital or birth center.