

# My birth plan



In this birth plan you describe your wishes regarding your pregnancy, delivery and maternity bed. It's a way to get clear on what's important to you. The plan is intended for you, your partner and your healthcare provider. The person who supervises your pregnancy, delivery and maternity bed will try to take your wishes into account as much as possible.

My coordinating healthcare provider is

My coordinating healthcare provider is reachable through:

- through the assistant: 073-5210764
- by email: [info@belle-vie.nl](mailto:info@belle-vie.nl)
- in case of urgent questions through the midwife on-duty: 06-53548631

## “I really have no idea....”

Some women and partners have no idea about their pregnancy, delivery and maternity bed. While another can have specific wishes, often based on previous experience. For example, wishes for the atmosphere, the circumstances and the way they want to give birth. Several topics are covered in this birth plan.

## Birth plan

It's important to always bring your birth care plan with you during an appointment for an check-up. In this way you're able to write down all our questions and the answers to these questions. Did you made specific agreements with your obstetrician or gynaecologist? Make a note of this in the birth plan. This makes it possible to keep an overview together.



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Nothing is more unpredictable than giving birth. So maybe you're wondering if a birth plan makes sense? Of course it is! If your delivery doesn't go as expected, the person who supervises you must have to make choices. Do you have any wishes for the delivery? You can discuss this with your coordinating care provider. Your birth care plan will become a part of your medical record. It's as important as your medical history.

## Delivery

### Location:

Where would you prefer to give birth:

### Support

Are there other people present during the delivery, besides you and your partner:

During the delivery you will be supported and guided by medical professionals. In the case of an uncomplicated delivery, this will be the midwife and the maternity nurse. We are a training practice, so interns may also be present. If you object to this, you may always notify this by your midwife. In the event of a medical delivery there will be present, a clinical obstetrician and/or (assistant) gynecologist and a nurse.

### Positions

When dealing with contractions and during pushing you can adopt different positions. Your midwife will advise and guide you in this. For more information click [here](#).

**Which positions do you prefer while dealing with the contractions?**

### Positions

When dealing with contractions and during pushing you can adopt different positions. There are postures in which the (press) contractions are easier to absorb. Everyone experiences them different, so it's best to try a few.

For example, you can try different positions during labour, use a hot water bottle, take a shower, take a bath, do breathing exercises, listen to music, use TENS. Click [here](#) for more information. There's also an option of getting medication against the pain.

# Delivery

I start my labor as naturally as possible. Relaxed environment, breathing exercises and warmth help me with this.

- I have / rent a TENS
- I only want medication if I ask for it
- I want medication from the start of the delivery

If I choose medication, my preference is for:

- Epidural (epidural analgesia)
- Remifentanyl (a pump with a morphine-like substance)

## Photography

Many expectant parents like to have photo's or movies of the birth of their child. If your health caregivers have given you permission to take photos and or make movies, you may decide by yourself whenever you want to take one. If they don't agree with it you can't take them.

- I don't want to take photo's and/or make movies of the birth
- I only want to take photo's and/or make movies after the birth
- I want to take photo's and/or make movies of the birth

## Just after giving birth, I would like to

- Take care of our child yourself
- My partner would like to tackle our child
- Exposing him/her on my chest (stomach) (skin-to-skin contact)
- My partner holds our child in his or her arms
- That \_\_\_\_\_ cuts the umbilical cord
- Breastfeed my child within the first hour after the delivery
- Taking care of my child as much as possible together with \_\_\_\_\_ (feeding, dressing, etc.)
- See the placenta
- Preserving the placenta

## Nutrition

### I would like to:

- Breastfeed my child
- Bottle feed my child

## Other wishes