

# Notes for Birth Plan

---

## *Deciding your birth preferences*

Write your notes in the space below each heading. Don't forget to discuss these with your partner and ask your midwife/medical professional if you have any questions.

Where to have my baby

Who will be with me

My perfect birth environment

Natural comfort measures that I want to use

Preferences about pain relief

During labour

Birthing my baby

After my baby is born

Questions for the midwife/medical team