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My Birth Plan Nhs

Making your birth plan A birth plan is a record of what you would like to happen during your labour and after the birth. You don't have to create a birth plan but, if you would like one, your midwife will be able to help. Discussing a birth plan with your midwife gives you the chance to ask questions and find out more about what happens in labour.

Making a birth plan - NHS

My birth plan Positions for labour and birth Find the positions you prefer and which will make labour easier for you. Try out various positions at antenatal class or at home to find out which are the most comfortable for you. You can choose as many positions as you want and vary them throughout your labour.

My birth plan - NHS

Your birth plan: facilities and birth companions hide Please fill in the form fields Where to give birth You will have a choice about where to have your baby.

My birth plan - NHS

My birth plan. My birth plan. My name: Due date: Where to give birth . You will have a choice about where to have your baby. Your midwife or doctor will be able to tell you what services are available locally and advise you on any issues to do with your health or pregnancy that may affect your choice.

assets.nhs.uk

Your midwife will encourage you to make a birth plan. This enables you to consider your choices and what you would like to happen during the birth. The plan goes into your maternity notes or app. Feelings matter too. As well as the physical things you have decided on, it's also important to consider your emotional needs in your birth plan.

Your birth plan | Ready Steady Baby! - NHS inform

my birth plan An easy guide to planning your birth. Who I want with me during my labour and birth my partner my friend. a member of my family. my support worker. or someone of my choice. Things I would like to help me during my labour and birth beanbags. moving around. birth ball. massage. TENS. my own music.

my birth plan - cddft.nhs.uk

Coronavirus: Planning your birth. During the coronavirus pandemic, your birth experience still matters. You should be supported to have a safe and positive birth experience, whether you have coronavirus or not. You can expect: • to be treated with dignity and respect • to have a birth partner of your choice • to have access to pain relief options • to make informed decisions about your birth • to have clear communication from maternity staff • to plan to give birth in a setting ...

Coronavirus: Planning your birth - NHS England

Your birth plan. A birth plan is a record of what you would like to happen during labour and after the birth. You may not have a clear idea of what exactly you want but discussing the various options with your midwife may give you a clearer idea of how you would like things to go. The community midwives employed by Liverpool Women's NHS Foundation Trust try to see all pregnant woman at around 36weeks of pregnancy to talk through with them their birth plan, covering topics such as where to ...

Your birth plan - Liverpool Womens NHS Foundation Trust

A birth plan is a way for you to communicate your wishes to the midwives and doctors who care for you in labour. It tells them about the type of labour and birth you'd like to have, what you want to happen, and what you want to avoid. (NHS 2018a) . A birth plan is not set in stone.

Writing a birth plan - BabyCentre UK

You'll find week-by-week guides, videos, health advice and information about your NHS pregnancy journey. Before you start, why not: work out when your baby is due with our due date calculator download a birth plan template to fill in and save

Pregnancy and baby guide - NHS

Why making a birth plan is important. A birth plan is a record of what you would like to happen during your labour and after the birth. You don't have to create a birth plan but if you want to, you can use the form below or your midwife will be able to help. Discussing a birth plan with your midwife will give you the chance to ask questions and find out more about what happens in labour. It also gives your midwife the chance to get to know you better and understand your feelings and priorities.

NHS 111 Wales - Pregnancy Guide

My birth plan Birthing equipment You may find that items such as wall bars, mats or beanbags help you to change position and remain comfortable during labour. If you're giving birth in a maternity unit, your midwife will be able to tell you if specific items are normally available.

My birth plan

Your birth plan: facilities and birthing birth companions Where to give birth You will have a choice about where to have your baby. Your midwife or doctor will be able to tell you what services are available locally and advise you on any issues to do with your health or pregnancy that may affect your choice.

Your birth plan: facilities and birthing ... - NHS 111 Wales

Your birth plan can cover anything about labour and birth that is important to you. Your plan is personal to you. It will depend on what you want, your medical history, your circumstances and what is available at your maternity service. You don't have to write your birth plan on a special form, although some hospitals may have one you can use. You can just use a sheet of paper or NHS Choices have a simple birth plan that you can download and fill in.

Making your birth plan | Tommy's

Your birth plan Your birth plan is a way for you to communicate how you would like to give birth to midwives and other health professionals. It gives

you the chance to make decisions about the management of your childbirth, so you won't have to make them during labour. How to write your birth plan

Your birth plan - Gloucestershire Hospitals NHS Foundation ...

This template birth plan includes a wide range of preferences for the birth of your baby. Some may not be relevant to your circumstances e.g. presence of students in a non teaching hospital, and there may be other areas which you don't wish to include, there will probably be some aspects not covered which you wish to add.

Template Birth Plan for Hospital Birth

Her birth plan is more like an essay, with lots of little details that she would like for her labour. My birth companions are going to be my mum and my

daughter, Nuritza, who is 13. My daughter knows a lot about labour and she wants to stay with me all the time. I would like her to see the baby being born.

Sample birth plans - BabyCentre UK

Your birth plan is a written document to communicate to those involved in your birth, what you would like to happen during and immediately after the delivery. It can explain the type of labour you would like, anything you'd like to avoid and who you want there with you.

Your birth plan; tips and templates to help you write yours

Download File PDF My Birth Plan Nhs example, if your baby is breech (NHS 2015). Even if you're not intending to have a caesarean birth, something may change towards the end of your pregnancy, or during your labour.