



## Birthplan

To help you and your partner as good as possible during labor, we ask you to fill in this birthplan. You can record your wishes around childbirth. It is meant to make the midwife, gynaecologist and other caregivers aware of the things you think are important, about your wishes and your ideas.

At the same time, it's a way to discuss what your expectations of childbirth are from you and your partner. By making a birthplan you stay involved in the things that will happen during labor and the decisions to be made. Even at that moment when you're not that capable to tell them.

Around the 33rd week of pregnancy we will discuss your birthplan with you and your partner, so we can see if all your wishes are achievable. During the next appointment, around 35 weeks of pregnancy, we'll explain you when you need or could call when labor starts.



# Birthplan

**Make your wishes known to your caregiver!**

Birthplan of

Name : .....

Date of birth : .....

Partner's name : .....

Address : .....

Do you stay at that same address after the delivery?  Yes  No

Other address : .....

Expected date of birth: .....

How do you look back on previous delivery(s)? (if applicable)

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Who is with you during childbirth?

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How did you prepare for childbirth (information sessions, books, pregnancy course?)

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Do you have special wishes for your position during childbirth (bed, birth chair, birth ball)?

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Do you have special wishes in coping with the pain of the contractions (shower, bath, music, TV, light)?

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Have you heard about the possibilities of (non) medical pain relief during childbirth and the pros and cons of those?

*Your caregiver can give you more information.*

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Do you think you want to use pain relief and which one would you choose?

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What are your expectations of your caregiver (midwife, gynaecologist, intern, nurse, kraamverzorgster<sup>(1)</sup>)

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Are you aware of the possibility to have continuously support of the kraamverzorgster during labor, from 3cm of dilatation and do you know the pros? (this is only possible if your delivery is under the supervision of a midwife)

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Are you aware of the possibility to donate the umbilical cord blood to Sanquin?

Your caregiver and the employees of Sanquin can give you more information. You can also find more information on our website.

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Are you scared of some particular things?

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Are there other things that are important for us to know?

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Would you like to have your newborn onto your chest right after childbirth?

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<sup>(1)</sup>kraamverzorgster = postnatal care provided to a new mother and her her baby in the initial eight to 10 days immediately after birth. This support comes in the form of a qualified maternity nurse or health care professional

Do you want to give your baby breastfeeding or feeding by bottle? And do you have special requirements concerning this?

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Other things that may be important:

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Also good to think about:

Where would I like to have pictures of? Who's cutting the umbilical cord? The care of possible other children? Would you like to see the placenta/taking pictures of this?

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*All the people involved would try to pursue all the wishes and expectations from this birthplan. However, sometimes it is (medical) necessary to differ from this birthplan.*