



NATURAL BORN

— midwifery care —

Birth Plan Worksheet

Client's Name:

Partner's Name:

Baby's Name:

Who would you like present with you during labor?

Who would you like present with you during the time of birth?

If your other children will be present, who will be the adult (excluding you or your partner) responsible for them?

Are there any particular comfort techniques that you would really like to use during labor and birth or think you would find helpful?

Do you desire to have a water birth or give birth in a particular position?

Would you like photos or video taken during labor/birth/immediate postpartum? If so, who will be taking those photos or video?

Is there anything you would like us to know about how you picture your labor and birth?

Would you like a cord clamp, cord tie, or cord burning? (Please supply a cord tie or candles if you would like a cord burning)

What would you like to do with your placenta? If you plan to encapsulate, please plan ahead for who will do this and how the placenta should be kept until the encapsulator comes to the place of birth to pick it up.