

Birth plan

Coaching

Who would you like to have with you during delivery?

Where

Where do you want to deliver? At home or in the hospital?

Do you have special wishes for the room where you are going to give birth? Music, light settings etc?

Contractions and pushing

Do you have special wishes during labour and for coping with pain during labour? Such as breathing techniques or pain relief?

Hospital

Do you have special wishes if medical interventions are necessary?

Do you have special wishes for a possible stay in hospital?

Child

Do you have special wishes for the first hour after birth?

Are you going to give breastfeeding or bottle feeding?

Other wishes

Are there any other important issues for your midwife or physician?