Birth plan

Coaching
Who would you like to be with you during the delivery?

Where
Where would you like to give birth, at home or in the hospital?
Do you have any special wishes for the room where you'll give birth, such as music, light settings etc?

Contractions and pushing
Do you have any specific preferences or wishes for your labour, particularly regardin pain management? For example, breathing techniques or pain relief options?

Hospital
Do you have any special wishes if medical interventions are needed?
Do you have any special wishes for a possible hospital stay?

Child
Do you have any special wishes for the first hour after birth?
Do you plan to breastfeed or bottle-feed?

Other wishes
Are there any other wishes or concerns your midwife or physician should know about?