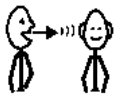




Your birth plan

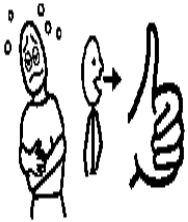


When you have your baby you can **choose** what you want to happen.



The midwife will **listen** to what you say.

The midwife will try to **do what you want**.



Sometimes you might be **poorly**. Sometimes your baby might be poorly.

If this happens the midwife will **tell you** what would be a **good idea**.



Who do you want **with you** when you have your baby?



Your boyfriend or husband



Your mom



Your friend



Someone else



What would you like to have to **stop** the **pain** hurting so much?



Just breathing



Gas and air



Injection in your leg



Injection in your back



Having a bath or a water birth



The **placenta** will come **out after** the **baby** is born.



You can have an **injection** to make the placenta come out **quicker**. The injection can **stop** you **bleeding**.



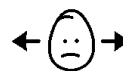
It will take **longer** for the placenta to **come out** naturally. You might **bleed more**.



Do you want to have an injection to help the placenta come out?



Yes



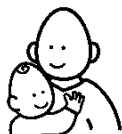
No



When your baby is **born** they might have **blood** on them.

You can **cuddle** the baby **straight away** or the baby can be wrapped **in a towel**.

? What would you like?



Cuddle the baby **straight away**



Wrap the baby in a **towel then cuddle**



Who will **cut** the baby's **cord**?



You



husband/boyfriend



Your Mum



Midwife



Someone else



Who should **tell** you whether your **baby** is a **boy** or a **girl**?



You



Your boyfriend or husband



Your Mum



The Midwife



Someone else

Do you want to **breastfeed** your baby or **bottle feed** your baby?



Bottle feed



Breast feed



When your baby is **born** it can have **vitamin K**.

Vitamin K keeps your baby's **blood healthy**.

How would you like your baby to have the vitamin k?



Injection



Drops



ID

I want my baby
to have **no**
vitamin K

Name.....
.....

When **you** were
born.....
.....

When you filled in this **form**:
.....
.....