

Create Your Own Birth Adventure

A Choose-Your-Own Birth Plan Workbook

Birth is a journey, and every journey looks a little different. This guide helps you think through your preferences so your care team and support people can better understand what matters most to you.

There are no "right" answers. You can choose one option, several options, or write your own.

My Name: _____

Support Person(s): _____

Care Provider: _____

Due Date: _____

Chapter 1: The Journey Begins

Labor has started. How would you like your environment to feel?

Choose **all** that apply:

- ☐ Quiet and peaceful
- ☐ Dim lighting
- ☐ Lots of encouragement and conversation
- ☐ Music playing
- ☐ Minimal interruptions
- ☐ Family and friends present
- ☐ Only essential people in the room
- ☐ Other:

My Adventure Motto

Choose a phrase that resonates with you or create your own:

- ☐ "One contraction at a time."
- ☐ "My body knows how to birth."
- ☐ "Strong, capable, supported."
- ☐ "Flexible and informed."
- ☐ My own:

Chapter 2: The Comfort Quest

As contractions grow stronger, what tools would you like available?

Movement

- ☐ Walking
- ☐ Birth ball / Peanut ball
- ☐ Dancing/swaying
- ☐ Birth circuit
- ☐ Open to whatever feels good

Water

- ☐ Shower
- ☐ Tub (if available)
- ☐ Cool washcloths
- ☐ Warm compresses

Touch & Support

- ☐ Massage
- ☐ Counter-pressure
- ☐ Hip squeezes
- ☐ Hand holding
- ☐ Verbal encouragement
- ☐ Minimal touch

Relaxation

- ☐ Breathing techniques
- ☐ Guided relaxation
- ☐ Visualization
- ☐ Affirmations
- ☐ Music- what kind?
- ☐ Aromatherapy (on cotton ball)

Chapter 3: Meeting the Unexpected Dragon

Sometimes birth takes a turn no one planned for.

If something changes, I would like:

- ☐ Detailed explanations
- ☐ Brief explanations
- ☐ Time to discuss options when possible
- ☐ My support person included in discussions
- ☐ My provider to make recommendations
- ☐ Written information when available

My Biggest Concern:

What Helps Me Feel Safe:

Chapter 4: The Pain Management Path

You arrive at a crossroads.

Path A: Natural Comfort Measures

- ☐ I would like to start with non-medical comfort techniques.
- ☐ I want lots of coaching and support.
- ☐ TENS
- ☐ Don't mention epidural unless I say it first.

Path B: Open to Medical Pain Relief

- ☐ Nitrous oxide
- ☐ IV pain medication
- ☐ Epidural
- ☐ Sterile Water Injections
- ☐ I want information about all options.

Path C: Flexible Adventurer

- ☐ I'll decide based on how labor unfolds.
- ☐ Please check in periodically about my preferences.

Chapter 5: The Birth Portal

As baby prepares to arrive, what feels important to you?

During Pushing

- ☐ Follow my body's urges
- ☐ Coaching from staff
- ☐ Try different positions
- ☐ Side-lying
- ☐ Hands-and-knees
- ☐ Squatting
- ☐ Semi-reclined
- ☐ Open to suggestions

Mirrors & Viewing

- ☐ I'd like a mirror
- ☐ I'd like to touch baby's head
- ☐ I'd rather not

Chapter 6: The Moment You Meet Your Baby

Choose your preferences:

Immediately After Birth

- ☐ Immediate skin-to-skin
- ☐ Delayed cord clamping if possible
- ☐ Partner cuts cord
- ☐ Provider cuts cord
- ☐ No preference
- ☐ Other:

Feeding Plans

- ☐ Breastfeeding
- ☐ Chestfeeding
- ☐ Formula feeding
- ☐ Combination feeding
- ☐ Undecided

Newborn Procedures

- ☐ Perform while baby remains with me when possible
- ☐ Explain procedures before they occur
- ☐ Partner stays with baby if separated

Chapter 7: The Cesarean Side Quest

(Complete this section even if a cesarean is not planned.)

If a cesarean becomes necessary:

- ☐ Explain what is happening as it happens
- ☐ Partner remains with me when possible
- ☐ Skin-to-skin in the operating room if possible
- ☐ Lower drape if available
- ☐ Photos allowed if permitted
- ☐ Partner accompanies baby if separation is needed

My Priorities During a Cesarean:

Chapter 8: The Fourth Trimester Realm

After birth, I would appreciate:

- ☐ Quiet recovery time
- ☐ Frequent breastfeeding support
- ☐ Lactation consultation
- ☐ Skin-to-skin as much as possible
- ☐ Help learning newborn care
- ☐ Plenty of rest
- ☐ Visitors limited
- ☐ Visitors welcome
- ☐ Meal drop offs delivered via -----

Remember

Every adventure includes twists and turns. A birth plan is not a script—it's a communication tool that helps your team understand your values, preferences, and priorities.

My Birth Adventure Priorities (Top 3):

Signed:

Date:

Final Adventure Notes

Things I Hope For

:

Things I Want My Team to Know About Me:

My Support Team's Superpowers

What helps me most when I'm stressed?

- ☐ Encouragement
- ☐ Information
- ☐ Humor
- ☐ Physical touch
- ☐ Quiet presence
- ☐ Reminders to breathe
- ☐ Other:

"The goal is not a perfect birth. The goal is a safe, supported, and empowered experience."

Birth Plan/Preferences

My Name: _____

Support Person(s): _____

Care Provider: _____

Due Date: _____

General Intake Paperwork questions:

- Medications: _____
- Known Allergies: _____
- Pediatrician: _____

Thank you for being a part of our birth team! Our big goal is to understand what is happening and why.

Giving us all the benefits, risks, alternatives, leaving room for sharing our intuition and what would happen if we said no or declined. We trust this team and are excited to meet our baby soon!

Below are our preferences during this time:

Labor:

YES/NO To epidural

YES/NO To other pain medication options:

YES/NO To students

YES/NO To moving around

YES/NO To minimal interruptions

YES/NO To quiet environment

Other:

Birth:

YES/NO To coaching unless stated otherwise

YES/NO To pushing position strategies unless stated otherwise

YES/NO To immediate skin-to-skin

YES/NO To delayed cord clamping: _____

YES/NO To strategies to minimize tearing

Other:

Postpartum:

Feeding plans: Breastfeeding/ Combo / Formula

YES/NO To lactation support

YES/NO To newborn procedures: _____

YES/NO To help with pictures

YES/NO To visitors

Who is allowed postpartum:

Cesarean

YES/NO Explain what is happening as it happens

YES/NO Skin-to-skin in the operating room if possible

YES/NO Lower drape if available

YES/NO Photos allowed if permitted

YES/NO Partner accompanies baby if separation is needed

Other:

Things I Want My Team to Know About Me:

What helps me most when I'm stressed:

YES/NO Encouragement

YES/NO Information Gathering

YES/NO Humor

YES/NO Physical touch

YES/ NO Quiet presence

YES/NO Reminders to breathe

Other: