



Skip the Baby Books

BIRTH PLAN CHECKLIST

PRENATAL EDUCATION

What you need to
know and why

THE BIRTH PLAN PROCESS

Education, options
+ choices

GUIDING QUESTIONS

Determine your birth
preferences using our guide



Medical Disclaimer: The information and resources provided within this guide is not a substitute for proper medical care. We do not provide medical advice and if you have questions about a medical matter please consult with your doctor or other healthcare professional. If you have any concerns related to your or your baby's health please seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of the information in this guide.

Language Disclaimer: We have made every effort to use gender-inclusive language. As authors, we self-identify as moms. Where, on occasion, we have used the terms "mom" or "momma" please know that we define mom as anyone who cares for a child/ren and identifies with this definition.

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Do you have a birth plan?

Whether you are a first time mom or welcoming another addition to your family you are entering uncharted territory. That can feel scary. Add fear of the unknown and you have a recipe for major overwhelm!

When it comes to birth one of the main things we help our clients work through is figuring out their birth preferences. These are the choices they would make in the moment (right now) if faced with something while they are in labour. Forward thinking and planning ahead means learning about possible procedures and interventions, comfort techniques and tools, medical options for pain relief, and more. It means a greater understanding of the process of labour (and less fear of the unknown).

This is the companion guide to the "**Understanding Your Options + Making a Plan**" workshop. In it you'll find an explanation of the process of birth planning and guiding questions to help you make your own. Remember, to keep it concise, make it visual and easy to understand, and discuss it with your care provider!

Above all, approach your birth with flexibility, advocate for yourself, and make informed decisions every step of the way.

With all our love and support,

Kat + Jen

BIRTH PLAN CHECKLIST

The idea behind creating a birth plan is to quickly communicate the wishes and goals you have for your birth to your care provider and anyone on your birth support team. It's your chance to envision your IDEAL birth experience if everything was to go exactly as planned. Going through this process will ensure that you have learned about the typical birth progression and all of the coping techniques and pain relief options available to you. While you are going through this process, please remember that you can change your mind at any time – even while you are in labour. Birth is unpredictable and making a plan does not guarantee that your birth will go a certain way.

THE PROCESS

EDUCATION



EXPLORE ALL OPTIONS



IDENTIFY YOUR IDEAL

Learning the basics about birth and what sensations and emotions you might experience along the way is the best place to start.

Once you have an understanding of how labour typically progresses you need to get really clear on what coping techniques and pain relief options are available to you at each stage and phase of labour.

Then it's time to apply what you've learned and zero in on the elements that feel right for you. Remember you can change your mind at any time.

GUIDING QUESTIONS

Answering the following questions will help you determine your birth preferences. When we work with our clients we aim to create 1 page plans that can be easily shared with care providers.

- Where is your birth going to take place?
- Who is going to support you during labour? Make sure to check with your care provider about current restrictions.
- If planning a hospital birth, how long do you want to labour at home for?
- Describe the environment you would like to create (i .e. music playing, battery operated tea lights)
- Do you want to wear your own clothing or wear a gown?
- What do you want to eat and drink during labour (if medically possible)?
- What comfort techniques are you open to? (i.e hydrotherapy, massage, TENS machine)
- What pharmaceutical options for pain relief might you want access to? (i.e. epidural)
- How do you feel about medical interventions? (i.e. episiotomy, forceps, vacuum)
- If a cesarean section is required can your support person be present? Is your provider open to a more "family centred" cesarian? What about vaginal seeding?
- Do you want photos or video of your birth?
- Who is going to cut the cord? Are you going to delay cord clamping? Are you cord blood banking?
- When your baby is born are you going to do immediate skin to skin if possible?
- What is your recovery going to look like?
- Are you planning to breastfeed, formula feed, or a combination?
- Are you going to give your baby a soother or a pacifier?

4.

BIRTH PLAN COACHING SESSION

with Kat



Your preferences are unique and your birth plan should be too. If you enjoyed the "**Understanding Your Options + Making a Plan for Your Birth**" workshop and want to take creating your birth plan off your checklist I would be thrilled to work with you.

This 1:1 coaching session is for you if:

- you are overwhelmed with the thought of making your own plan
- you want more 1:1 coaching about how you can advocate for yourself
- you want more strategies for positively communicating with your care provider
- you have more questions you want answered

What is a birth plan coaching session?

During this 60 minute session we'll review all of the options discussed during the workshop and apply them to you, your values and your wishes. Let's uncover what you really want for your birth. From this discussion I'll create a custom birth plan for you to include in your hospital bag that communicates your wishes (and your care provider will love!).

\$169.50 CAD (taxes included)

Click [here](#) to book your session

Want support?

NAVIGATING

Pregnancy + Birth

WITHOUT OVERWHELM



JOIN OUR FREE FACEBOOK COMMUNITY

- Supportive and welcoming
- Free resources and training
- Ask us anything!

Request to join here: "[Navigating Pregnancy + Birth Without Overwhelm](#)"





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About Us

Hi! It's nice to e-meet you. First and foremost we're moms (3 boys between us!).

Since 2016, all of our work in the maternal support services field has been centred around the intention of giving today's moms current, evidence-based information and teaching them HOW to make decisions that are right for them and for their families.

What began as a small, in-person, doula, holistic nutrition, and lactation support practice, that provided prenatal education, birth, postpartum, nutrition, and breastfeeding services to our local clients, has grown into a digital platform and community. We have supported 100s of moms, their partners, and their families across Canada and the USA.

We are on a mission to change the way moms think about themselves and each other.

Thank you for being part of our community. We're so glad you're here.

With all our love + support,
Kat + Jen