



BARNMORSKEGRUPPEN
ÖRESUND

MY BIRTHPLAN

My name is:

My estimated due date is

__/__/__

This is how I would like to summarize my pregnancy:

I have given birth before and have the following experience that I want to inform you about.

This is what I want the staff to know about me to be able to give me good support throughout delivery.

We have prepared ourselves for childbirth in this way:
(If you have participated in any childbirth preparing activities, this is a good place to write it down).

This is how the staff can support my partner during childbirth:

This is my thoughts regarding pain relief during delivery:

- I want pain relief during delivery
- I want to decide as we go along
- I don't want any pain relief during delivery
- I don't know

This is the pain relief I am most interested in right now

This is how I would like to be supported post-partum in regard to the care of my newborn baby.

Fears/things that the staff should know about me or my partner/support person

This is my thoughts regarding breastfeeding.
If you have prior breastfeeding experiences, you can write this here.

Our chosen childcare center (BVC) is:

We wish to participate in ASTR1D _____

GOOD LUCK!