**Birth plan**

In the birth plan you describe your wishes regarding your birth. The birthplan shows what is important to you and your partner during childbirth. It is meant to be used by you, your partner, the midwife, and other caretakers. Everyone involved will take your wishes and expectations in consideration as much as possible.

This is the birth plan of:

Where would you like to give birth? (at home, a birthcentre, hospital):

Who do you want to be present at your delivery and what do you expect of them?:

Which positions do you prefer during your contractions?:

Which position do you prefer during the pushing phase?:

How would you prefer to counter the pain associated with contractions? (E.g. breathing techniques, bathing, medication):

If you choose for medical pain relief, which method would you prefer? (E.g. Entonox (gas and air), Pethidine, Remifentanyl or Epidural):

What do you expect of your midwife?:

What are your expectations regarding the care from medical staff in the hospital in case of transfer of care?:

What are your expectations after delivery?:

Additional expectations: