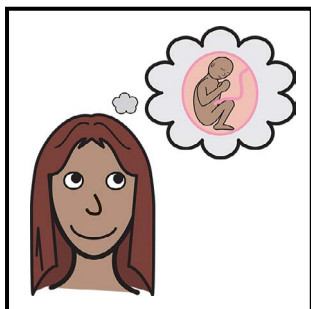


Easy read Birth Plan





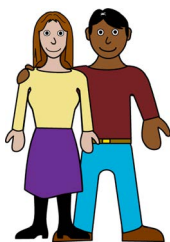
This is an easy guide to help you plan the birth of your baby.

Who I want with me during my labour and birth:

- my partner
- my friend
- a member of my family
- my support worker
- someone of my choice:

Please mark the boxes to show your choice.

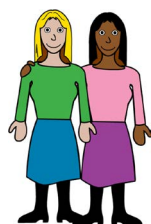
my partner



Who you want with you during your labour and birth:

my partner or co-parent

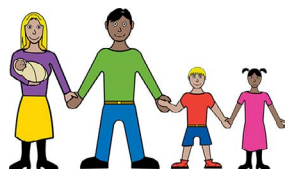
my friend



my friend

a member of my family

my family



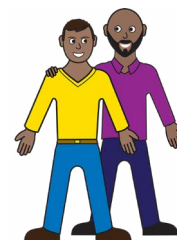
my support worker

someone of my choice:

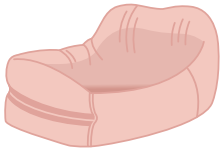
support worker



my choice



beanbag



moving around



birth ball



massage



TENS



my own music



Things you would like to help during your labour and birth:

beanbags

moving around

birth ball

massage

TENS

my own music

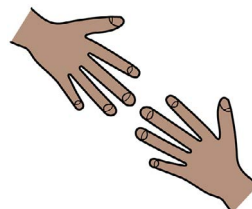
baths or showers

support and encouragement

bath or shower



support



loud noises



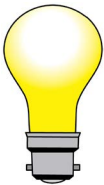
too many people



too warm or too cold



low or bright lights



anything else



Things you may not like during my labour and birth:

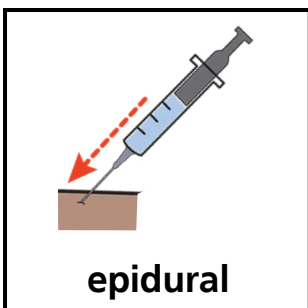
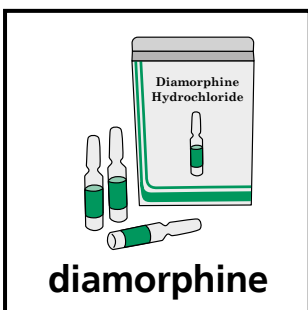
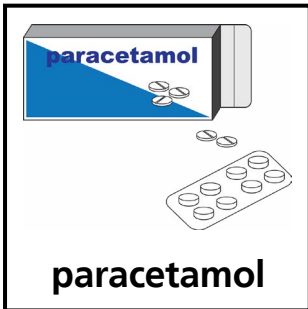
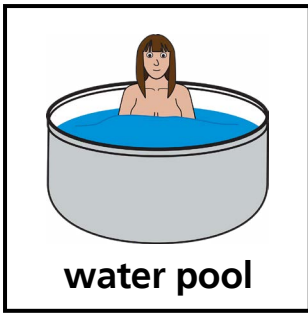
loud voices

too many people

too warm / cold

low lights or bright lights

anything else...



Pain relief you are thinking about during your labour and birth:

water pool

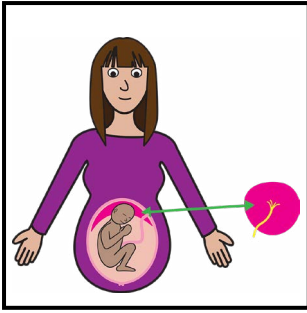
paracetamol

gas and air (entonox)

diamorphine

epidural

no pain relief

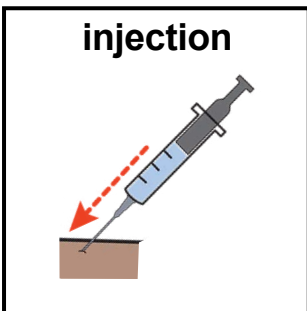


This is your placenta. It is an organ which develops in pregnancy and supports your baby to grow and develop. Once your baby is born the placenta is no longer needed.

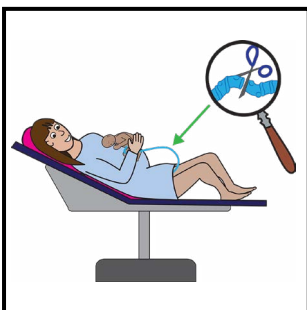
How would you like to give birth to the placenta?



naturally

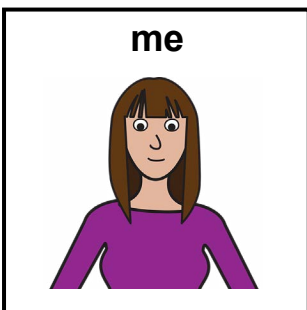


with an injection



This is the umbilical cord. The umbilical cord is what connects your baby to the placenta to help it get the nutrients it needs to grow and develop in the womb.

Who do you want to cut the cord?



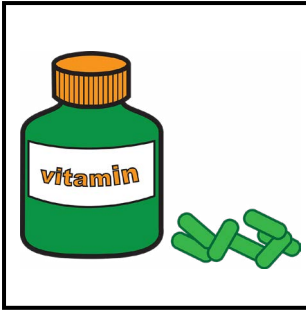
me



my birth partner

the midwife





This is vitamin K. This can help your baby to prevent a rare bleeding disorder.

Do you want your baby to have vitamin K?

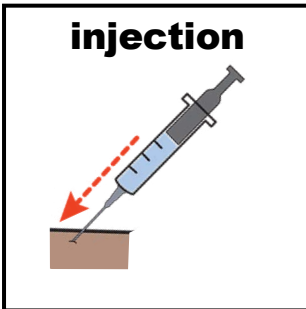
Yes

No

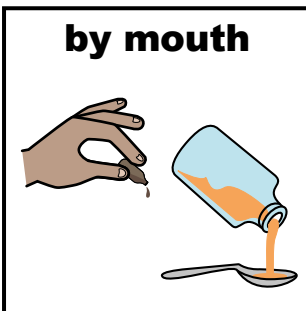
How would you like your baby to have vitamin K?

injection

by mouth



injection



by mouth



breastfeed

How would you like to feed your baby:

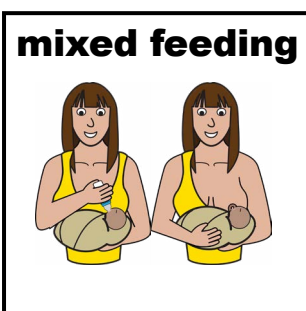
breastfeed

bottle feeding

mixed feeding



bottle feeding



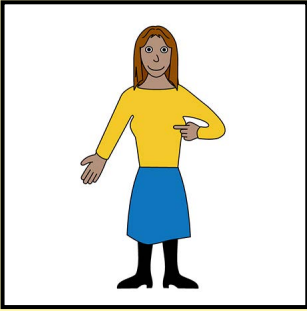
mixed feeding

We help all mums to have skin to skin contact with their baby.



skin to skin

Important things you want us to know about you and your choices:



Please look at my **Learning Disability Maternity Health and Care Passport** and **About Me Profile**.