



COURAGE

Maternity Mental Health

BIRTH PLAN SUPPORT

This resource is aimed at increasing your confidence, helping you prepare, and advocate for yourself throughout your birthing process. Make sure to discuss these questions and your preferences with your practitioner and support team ahead of time. Childbirth classes can also help you to prepare for this.

Congratulations, welcome to the parenting club!

Name of birthing person:

I identify as:

Support Team/ Birthing Team: (Include doula, partner, family)

Medical providers:

Where I plan to give birth:

Medical and Birthing History:

Make sure that your care team is aware of the medications, conditions, or personal history that may impact labor and delivery.

1. My Birth Preferences: (vaginal delivery, water birth, planned C-section, or alternative kind of birth)
2. Birthing well-being essentials: Things I want to bring with me to support my birthing process; music, positive visuals (affirmations, pictures, flowers), essential oils, something to hold
3. Early stages of Labor techniques: (comfort techniques, music, silence, positions I would like to labor in, baby monitoring preferences)

4. Labor Progression: How do you want to handle changes during labor?
5. Pain management preferences: Explore your options, epidural or alternative methods are possible. Discuss this with your care team including your OBGYN or Midwife.
6. Birth Preference for Delivery: Birthing Positions, Birthing tools i.e., chair or stool, pushing instructions from medical team vs. your body cues, mirror to see the baby crown, and in the event of extra support for birthing what are your thoughts on vacuum suction or forceps
7. Unplanned C-section preferences: Emergencies are never planned, what are your preferences for a C-section, who do you want to be there?
8. My preferences after birth:
 - a. Who can cut the umbilical cord?
 - b. Skin to skin bonding, breastfeeding plans, medical procedures that should or should not be done during the baby's initial medical exam, thoughts on circumcision for a boy.
 - c. List approved visitors, when and where they should be allowed to visit.



A diagram illustrating the program's components. It features three main sections: 'Program & Content' (with an icon of a person at a laptop), 'Virtual Care Platform' (with icons for 'User', 'Practitioner', and 'Device'), and 'Practitioner Network' (with an icon of hands). Below these is a 'Screening' section, an 'Experiential Practice' section, and 'Personalized treatment with Well Being Profile™' (with icons of a woman, a child, and a woman with a child). A VR headset is shown with the text 'Low-Cost VR Headset Included'.

Empowering Moms to feel better, faster