



*Home
Birth
South
Africa*

Basic Birth Plan

(insert place)

Labour Partners

1. my husband / partner
2. my Doula

For any questions throughout labour please don't ask me but my doula or my husband.

Monitoring Baby and me

- If there's a real need for a vaginal exam, please don't share with me the details of how dilated I am and the baby's position.
- Listen to the baby's heartbeat as little as possible, it could disturb my labour.
- If there's a need to listen to baby's heartbeat, please do so without asking permission, so I do not need to think to give you an answer!
- Please don't offer me pain relief. If I need some I'll ask for it myself.

2nd & 3rd stages of Labour

- Immediately after birth I'd like one hour uninterrupted skin-to-skin with my baby.
- Please do not clamp/cut the cord until 1 hour after the birth of my baby.
- I would like physiological third stage, as long as labour progresses normally.

After Birth

- Vitamin K? (you decide) Three choices: Injected, oral or No Vitamin K for my baby