

## Midwives Birth Plan

1. What do you want from this birth ?
2. What are your fantasies about this birth? What would your perfect birth be like? What would you settle for?
3. How do you want to be in labor? How do you want to be as a couple during labor?
4. What are your greatest fears about this birth? What frightens you the most?
5. What if labor takes a VERY long time? How do you cope under stress? With fears? With pain? With fatigue?
6. What do you want/need most from us as your midwives? From your partner?
7. List some things that relax you that could help during labor? (i.e. places you like to be touched, things that soothe you, music you like, etc.)
8. List things that might aggravate or annoy you during labor.

9. If you have had a previous negative birth experience, how do you imagine that this time will be different? What can be done to make it different?
  
10. Have you ever been emotionally abused, sexually abused, physically abused, or had any other negative experience that might affect your birth experience?
  
11. When you were growing up and thought about having a baby, what did you think about? What did your mother tell you about birth, having babies, or breastfeeding? What kind of relationship do you presently have with your mother?
  
12. List your strengths and weaknesses. How much will these help you or work against you in labor?
  
13. Do you have any other comments which might help us to help you?