

Birthplan

The purpose of a birthplan is, that you and your partner will be able to give information that can help and guide the medical team on how to give the best possible care and support.

Name:.....

Person-number.....

Is there anything special the caregiver need to know about you, in order to give you best possible care and alleviate the birthing and the days following the birth of your child?

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Have you attended any kind of parental- class or other kind of preparation for birth like Mindfulness or Lamaz?

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Any previous experience of child- birth? If you want, you can use the space on the back of this sheet, to tell more.

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What are your thoughts concerning pain and painrelief?

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Do you think that you or your partner have any extra ordinary needs or preferences that the staff can help manage?

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What are your thoughts about breast- feeding?

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Other considerations:

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