

Birth Support Plan

This Birth Support Plan is designed to empower mothers by building confidence, knowledge, and self-advocacy throughout the birthing process.

It includes a framework for preparation, a list of questions to ask your practitioner, and preferences to discuss with your support team.

Step 1: Define Your Birthing Goals and Values

1. What does an ideal birth experience look like for you?

2. What are your biggest hopes for your birthing process?

3. Are there cultural, spiritual, or personal beliefs you'd like to honor during the birth?

4. What are your biggest concerns or fears?

Step 2: Questions to Discuss with Your Practitioner

These questions can help clarify options, build trust, and align expectations.

Prenatal Care & Birth Preparation:

- What are the signs that labor has started?
- What pain relief options are available during labor?
- How do you approach labor induction if necessary?
- Can I move, eat, or drink during labor?

Labor & Delivery:

- What are your typical protocols for monitoring the baby and me during labor?
- What happens in case of complications?
- How do you support delayed cord clamping, immediate skin-to-skin contact, or other preferences?

Emergency Situations:

- What circumstances typically lead to a cesarean delivery?
- How are emergencies handled in this facility?

Postpartum Care:

- What kind of breastfeeding support is available?
- How are newborn procedures (e.g., vaccinations, tests) discussed with parents?
- What support do you offer for postpartum recovery and mental health?

Step 3: Preferences to Discuss with Your Support Team

Share these preferences with your partner, doula, or any support person attending your birth.

Labor Support:

- Do you prefer a quiet, calm environment or more active engagement?
- Who do you want to be present during labor?
- Do you want a doula or birth coach?

Comfort Measures:

- Would you like access to birthing balls, water immersion, or massage tools?
- Do you prefer natural pain management techniques or medical options?

Interventions:

- How do you feel about interventions like epidurals, IV fluids, or fetal monitoring?
- Do you want to discuss every intervention before it's done?

After Delivery:

- Would you like immediate skin-to-skin contact?
- Do you plan to breastfeed? If so, do you want a lactation consultant available?
- Are there specific rituals or practices you'd like for your baby after birth?

Step 4: Create an Emergency Preferences Plan

While emergencies can't always be anticipated, being prepared can help you stay informed.

- Who will speak for you if you can't make decisions?
- What are your priorities if complications arise? (e.g., baby's health, your safety)
- Are there preferences for cesarean delivery or NICU care?

Step 5: Stay Flexible and Confident

Birth plans may change, but preparation will empower you to adapt confidently.

Affirmations: Write a few positive affirmations to repeat during labor. Examples: "I trust my myself, my body and my support team." "I am strong, and I am capable."

Relaxation Practices: Practice breathing exercises, visualization, and meditation ahead of time. **Working with your Vital Start Coach will help you build your personal toolbox, so you have a variety of practices that work for you.** List what practices you plan to use during your birthing process.

This Birth Support Plan serves as a starting point. Keep it fluid, communicate openly, and ensure everyone on your team is on the same page.

Vital Start Health is here to support you every baby step of the way.

Visit www.vitalstarhealth.com and schedule today!