

My birth plan

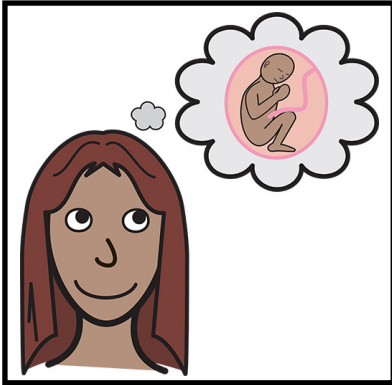
Information for patients

A decorative swirl graphic on the left side of the page, transitioning from dark purple to light purple.

Easy Read



Leeds
Maternity Care



This is an easy guide to help you plan the birth of your baby.

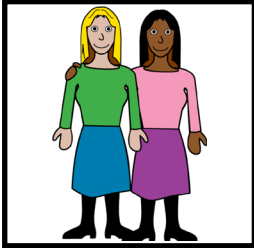
Who I want with me during my labour and birth:

- my partner
- my friend
- a member of my family
- my support worker
- someone of my choice:

Please mark the boxes to show your choice.



Partner



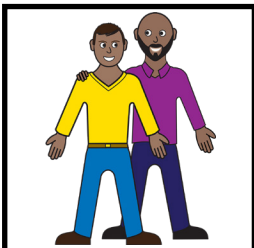
Friend



Family



Support Worker



Someone of my choice

Who you want with you during your labour and birth:

my partner

my friend

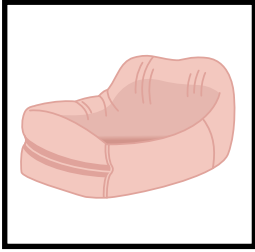
a member of my family

my support worker

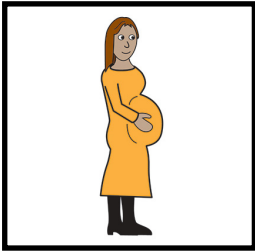
someone of my choice:

.....

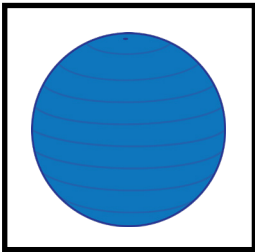
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Beanbag



Moving around



Birth ball



Massage

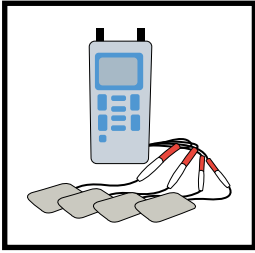
Things you would like to help during your labour and birth:

beanbags

moving around

birth ball

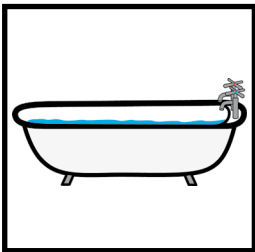
massage



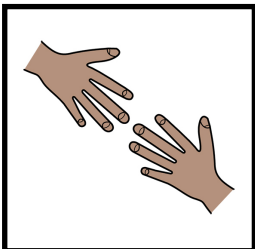
TENS



My own music



Bath or shower



Support

TENS

my own music

baths or showers

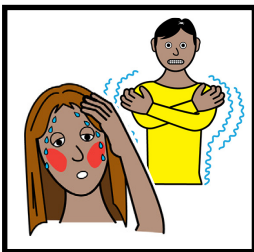
support and encouragement



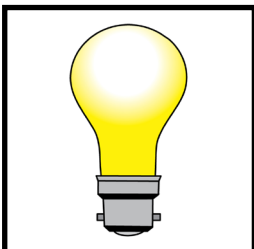
Loud voices



Too many people



Too warm / cold



Low lights / bright lights

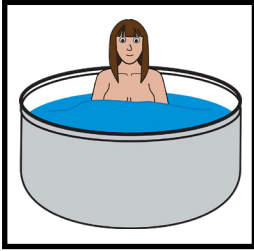
Things you may not like during my labour and birth:

loud voices

too many people

too warm / cold

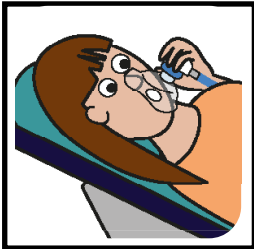
low lights or bright lights. etc.



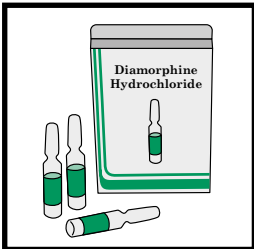
Water pool



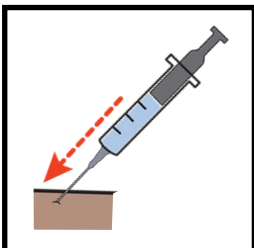
Paracetamol



Gas and air



Diamorphine



Epidural

Pain relief you are thinking about during your labour and birth:

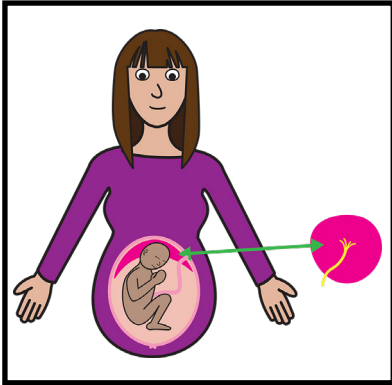
water pool

paracetamol

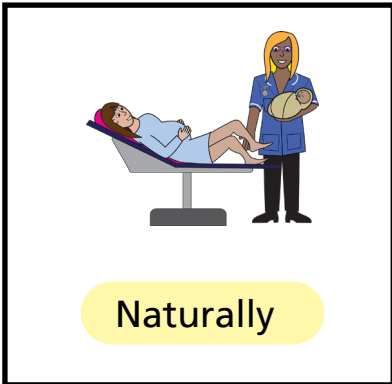
gas and air (entonox)

diamorphine

epidural



This is your placenta.

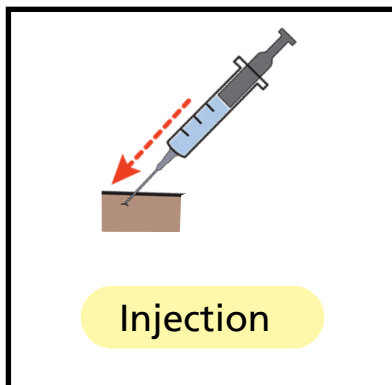


Naturally

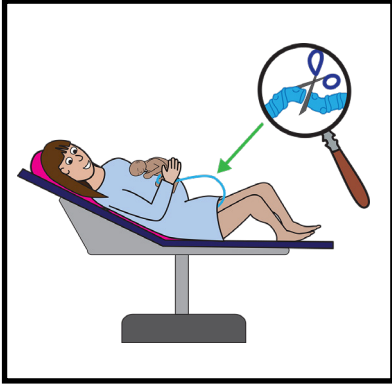
How would you like to give birth to it?

naturally

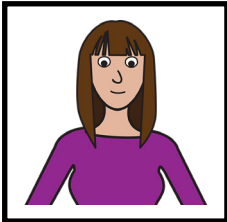
with an injection



Injection



This is the umbilical cord.



Me

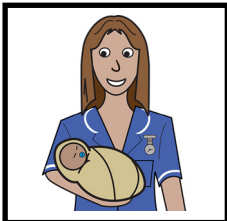
Who do you want to cut the cord?

me



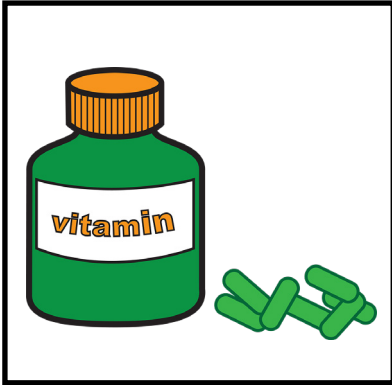
My birth partner

my birth partner



The midwife

the midwife



This is vitamin K. This can help your baby.

Do you want your baby to have vitamin K?

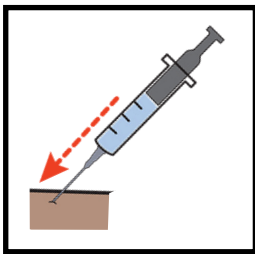
Yes

No

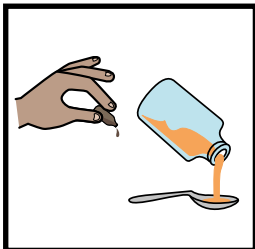
How would you like your baby to have vitamin K?

injection

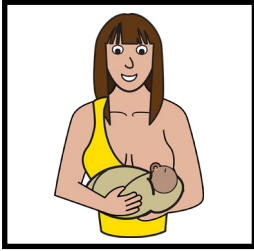
by mouth



Injection



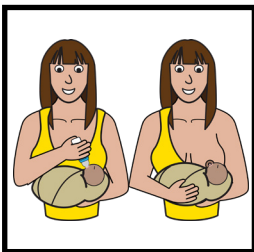
By mouth



Breastfeed



Bottle feeding



Mixed feeding



Skin to skin contact

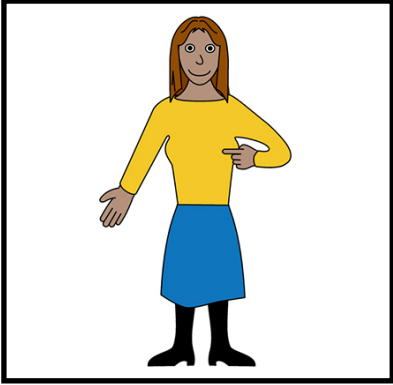
How would you like to feed your baby:

breastfeed

bottle feeding

mixed feeding

We help all mum's to have skin to skin contact with their baby.



Important things you
want us to know about
you and your choices:

A large yellow rectangular area containing ten horizontal dotted lines for writing.

information



Other information:

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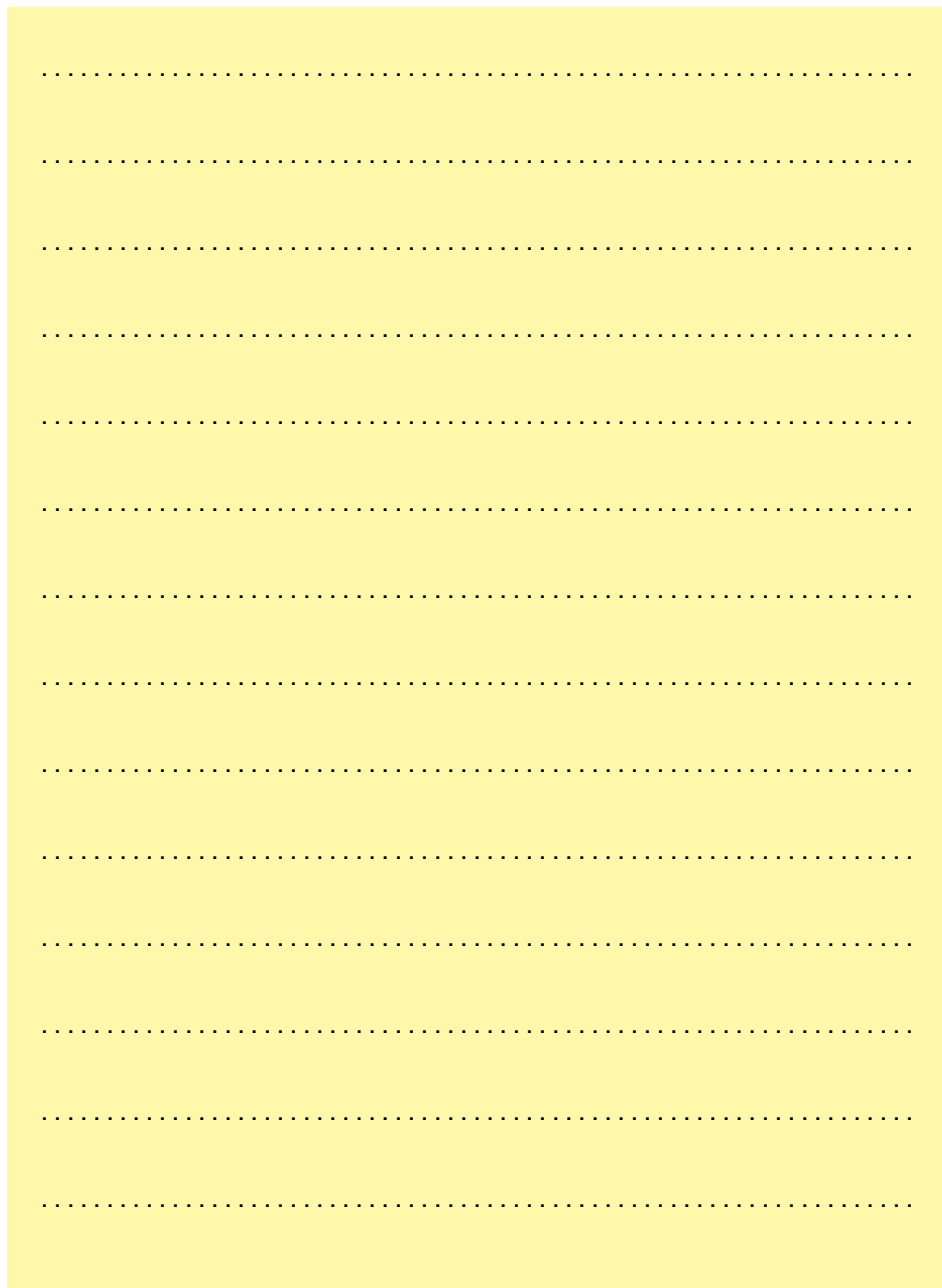
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What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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