

## Welcome to your Birth Map

It's here to help you think through what is important for **labour, birth, and the hours afterwards** – and to remind you that it's often not the outcome of your birth that shapes how you feel about it, but the **support you received and the sense of autonomy you had** in the decisions you faced.

**Your birth map is a tool for sharing what matters most to you.** The map concept is based upon a consequential pathway, that is – **if this is the situation you find yourself in, this is the pathway you would like to take.** Rather than only being content if your birth follows a specific path. In the same way, you need a pathway to work towards your ideal birth outcome! This Birth Map is designed to work with your philosophy, so you can achieve positive outcomes, regardless of how you birth.

It is a bit more detailed than your average birth plan because I believe it is important be aware of the many things that you may face and not think, *'oh, I wish I had known!'*

It is based upon a similar concept of Dr Catherine Bell's (PhD), *The Birth Map*, which you can check out here: <https://birthmap.life/>

### Important:

- This page is not part of your final birth map – please remove it before sharing with your care team.
- Make this template your own:  tick what feels right, and ~~cross out~~ anything that doesn't reflect your values or goals.
- Here is a digital version of this template to make editing easier if you prefer

Take a deep breath, get comfy, and use this space to plan in a way that feels empowering for you.

All the best,  
Allie

**Endorsed Midwife, Founder of The Good Birth & Beyond**



# BIRTH MAP

This birth map is here to help share what matters most to us for labour, birth, and the hours after. We understand birth takes its own path and we wish to use this as a guide. I trust my care team to work with us to make safe and supportive decisions. Thank you for working with us to make this experience as positive as possible.

**Names:**

**About us & our journey:**

**Support people in the room with us:**

**In the birth space I would like:**

- a room with a water birth pool
- a room with a shower
- the room to remain dark
- a warm & temperate environment
- to avoid unnecessary people in the room
- I am okay with students / I would prefer no students
- a do not disturb sign on the door
- to have my music playlist / a meditation track
- quiet in the room
- to have questions go through my partner / through me
- no talking during contractions and quiet words of support & encouragement only when needed
- to wear my own clothes / to wear a hospital gown
- aromatherapy
- bed against the wall and out of the way ( I understand I can't move emergency equipment)

## Coping strategies

I plan to use the following coping strategies and would like support with these

- |   |   |
|---|---|
| <input type="checkbox"/> hypnobirthing / calmbirthing | <input type="checkbox"/> birth ball                         |
| <input type="checkbox"/> breathing techniques         | <input type="checkbox"/> shower                             |
| <input type="checkbox"/> body relaxation techniques   | <input type="checkbox"/> birth pool                         |
| <input type="checkbox"/> visualisation                | <input type="checkbox"/> massage / light touch              |
| <input type="checkbox"/> making deep noises           | <input type="checkbox"/> hip squeezing                      |
| <input type="checkbox"/> aromatherapy                 | <input type="checkbox"/> sacral pressure                    |
| <input type="checkbox"/> heat packs                   | <input type="checkbox"/> ground stomping                    |
| <input type="checkbox"/> music / medication tracks    | <input type="checkbox"/> mobilising / regular repositioning |
| <input type="checkbox"/> TENS machine                 | <input type="checkbox"/> partner supportive positions       |
| <input type="checkbox"/> sterile water injections     | <input type="checkbox"/> optimal rest positions             |
| <input type="checkbox"/> birth comb                   | <input type="checkbox"/>                                    |
| <input type="checkbox"/> acupressure                  | <input type="checkbox"/>                                    |

## Pharmacological Pain Relief

- I would like to manage without medical pain relief options
- I do not want to be offered pain relief options unless I ask for them
- I would like early pain relief
- I would like / like to avoid nitrous oxide (gas and air) / morphine / epidural
- I would like an early epidural / I would like to delay the epidural as long as possible
- If I have an epidural, I would like to be regularly repositioned, use the peanut ball, wait 1 hour before pushing if my baby is okay. I am okay with / not okay with birthing on my back with an epidural. I would prefer side-lying or all fours if strong enough

## Baby heart rate monitoring. I would prefer:

- A doppler whenever needed
- I would not like a continuous monitor (CTG) on admission to the hospital if there is no medical indication for this (or remove if okay with this)
- CTG only if medically necessary / CTG at anytime / I would like to avoid a CTG
- If a CTG is required I would like wireless monitoring (telemetry)
- A fetal scalp electrode (FSE) at anytime / I would like to avoid an FSE / I am okay with an FSE only if there are clear signs of fetal distress

## Vaginal examinations

- I do not wish for any vaginal examinations / I would only like a vaginal examination if I ask for one, not routinely / I would prefer minimal vaginal examinations / I am okay to have vaginal examinations as per the hospital policy
- I do not want a routine vaginal examination to check if I am fully dilated, unless I have an epidural

## Birth / Pushing

- I would like to push without time limits as long as my baby and I are coping well
- I would like to be in the water for birth / I would like warm compress with crowning
- I would like to be supported to be in upright, all fours or side-lying positions for birth
- I would like the epidural turned down or off when I am pushing
- I would like / not like a mirror when pushing to assist with my progress
- I would like my partner to support with the birth of our baby / I would like to touch baby's head at crowning / I would like to reach down and support the birth of my own baby
- I would like coached pushing / I do not wish for coached or guided pushing unless I have an epidural or until crowning / I would like to allow for my natural urge to push
- We would like to discover the sex of the baby on our own, no announcements please

## Instrumental Birth

- I only want an instrumental birth if there are signs of fetal distress
- If a vacuum is not possible to assist with birth, I am okay with / not okay with forceps. I would / would not prefer a caesarean section.
- I wish for an episiotomy with an instrumental birth / I only wish for an episiotomy if there is concern of a 3<sup>rd</sup> or 4<sup>th</sup> degree tear. I understand the risks of an instrumental birth

## Cord Clamping / Placenta Birth

- I would like delayed cord clamping for 60 seconds / until the cord turns white
- Please ask before you clamp the cord
- I would like a physiological birth of the placenta without any medication unless there are concerns / I accept syntocinon for placental birth if I have risk factors / I would like an active placental birth with syntocinon
- I would like support with natural oxytocin, such as nipple stimulation, skin to skin, breastfeeding, low light, warming blankets, minimal interruptions, upright positions to assist with placental birth
- I plan to do cord blood bank collection / cord blood donation
- I would like to keep the placenta / I do not want to keep the placenta
- I would like to look at the placenta before it is discarded. I would like photos of the placenta

## Feeding / Baby Care

- I wish for \_ hour/s uninterrupted skin-to-skin contact with my baby unless concerns arise
- For my partner to do skin-to-skin if I am unable
- I would like to wait until after the first breastfeed for the baby check, weight and other assessments / I am okay with the baby check at anytime
- I want to breastfeed / expressed colostrum feed / formula feed
- I consent to Vitamin K injection / oral
- I consent to my baby having Hepatitis B and RSV immunisations at birth / I would like to wait until 6 weeks for our baby to have immunisations
- If I am separated from my baby, I would like my partner to go with them
- I would like my baby to be assessed in front of me

## Caesarean Section

In the event of a caesarean section we would like

- our music playlist during the procedure
- to be informed when each stages of the procedure are occurring
- have quiet in the room at birth so our baby hears our voices first
- to have delayed cord clamping for 1/2 minute/s, unless my baby has concerns
- have skin-to-skin contact as soon as possible with my baby before weights and checks are done, unless there are concerns
- For my partner to do skin-to-skin if I am unable
- I would like to have my baby remain in the operating theatre with me and transition to recovery together, unless there are concerns
- to have photos

## Induction of Labour / Labour Augmentation

- If my natural labour is progressing slowly, I do not wish for syntocinon unless there are concerns of fetal distress / I would like to try natural methods of stimulating oxytocin before using syntocinon / I am okay to use syntocinon.
- I would like to wait 2 hours after my waters have been broken before starting syntocinon
- If my contractions come on too quickly, I would like the syntocinon increased more slowly to allow my body to increase endorphins