

Questions to help you make a

# BIRTHPLAN

## LOCATION

Where do you want to deliver?  
What is your preferred hospital?  
Would you like a room with a pool?  
Who are you bringing?  
Can midwives or doctors in training be present during your delivery?

## WHAT DO YOU NEED

How might you react to the contractions?  
What might help you when having a hard time?  
What role do you see for your (birth)partner?  
What do you expect from your midwife?

## PAINRELIEF

How do you feel about pain relief?  
Do you know your options?  
How will you react if there is no pain relief option available? How will you deal with that?

## PLAN B

What happens if things don't go as you expected?  
Do you have fears?  
Do you have worries?  
How will you react to a delivery with the hospital team in case of a risk factor?



## POST PARTUM

Are you ok with an oxytocine injection if needed after the baby is born?  
Can we give the baby vitamine K drops after the first feeding?  
Do you want to breastfeed?  
Do you prefer an umbilical cord clamp or a ring? (Bring the cordring yourself)

## INFORMATION VIDEO

Watch our information video before making your birthplan

## ACCESSIBILITY

Can we reach your house? Does google maps send us the right way? Where can the midwife park?



Midwife on call 070-3468288 press 1



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This is our

# STANDARD CARE

## INFORMED CONSENT

We ask your permission for all medical procedures.

## NO UNNECESSARY INTERVENTIONS

All medical interventions are discussed with you upfront.

We only suggest medical interventions (i.e. breaking of the membranes, cut, oxytocine injection) with good reason.

## SHARED DECISION MAKING

We keep you informed about the progress.

We inform you about your options.  
We give you time.

## POSITIONS

We will stimulate you to use different positions during birth.

We have extensive experience doing water deliveries.



## COMPLETE TRANSFER

In case of a transfer to the hospital team, we will inform the hospital about the medical file, so everybody is aware of the birth plan and medical background.

## GOLDEN HOUR

We wait for white: we wait until the umbilical cord stops pulsating.  
We only give you an oxytocine injection if necessary.  
We use anesthesia if you need stitches.  
We help you and the baby to start breastfeeding.

## BABY

We don't bathe the baby.  
If possible we wait until after the golden hour to examine the baby.  
We don't offer extra feedings or medication to the baby unless you ask for it and/or give us your permission.  
If the baby is not able to stay with the mother, the (birth) partner will always stay with the baby.



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