

## **Birth Plan**

Although every woman's delivery is different, and each birth is unpredictable, it's a good idea to develop a birth plan that you can share with your healthcare team prior to your delivery. This plan can help you to open up discussion with your provider, and make sure that your healthcare team is aware of those things that are important to you and your partner.

- Some of the things that are covered by most birth plans are:
- Pain relief during labor
- Pushing preferences
- What to do if you go past your due date, and
- Any other issues that will affect your birth experience

Ask your provider or birth class instructor if they have a sample birth plan that you can follow.