



Helping you to give your baby a healthy start

## Your birth plan

As women today, we have an incredible amount of choice and freedom when it comes to giving birth. You might be planning an active child birth where you let your body take the lead. Or maybe you want your midwife to guide you through from start to finish. Whatever your preferences, having a clearly written birth plan will tell the people around you during labour exactly what you want and if there are any interventions you would rather avoid.

Of course, you may have to be flexible because babies have a habit of turning even the best laid plans upside down. But by writing your birth plan in advance of the big day you'll have time to consider all your options, make important decisions with a cool head and prepare for every eventuality. It doesn't have to be an essay: a couple of lines might be all you need.

### Giving birth your way

With so much to plan, organise and arrange, finding the time to write your own birth plan can be a tiresome task in itself. So to give you a hand, we've created a downloadable birth plan <link to downloadable birth plan>, which you can personalise to suit your wishes.

Just remember that while your Birth Plan states your preferences, nothing is cast in stone. Anything can happen at birth, so it's a good idea to play it by ear at the time and listen to your midwife or doctor who will always advise you on what's best for both you and your baby

If you'd like to talk through any of your options, our team of experienced mums and pregnancy advisors are on hand to help. Call them on **08547 623 628** Monday to Friday 8am to 8pm, or why not ask them a question via Live Chat , our instant online messaging service available from 9am to 5pm?