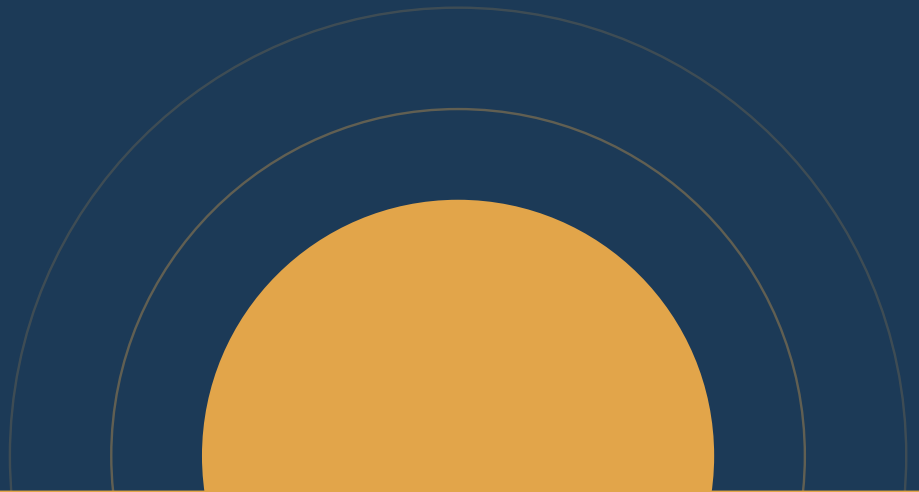


Mamavela

Birth Plan & Hospital Bag Kit

Fill-in birth plan, hospital bag lists and the questions to ask before the big day.



Free sample

For the personal use of the buyer and their family; sharing or reselling is not allowed. This book informs and does not replace medical advice. Questions: administration@lacangel.fr

Contents

1. How to use this kit	4
When to start	4
How this kit is organised	4
A few principles	4
2. Before you write: questions to ask and your hospital tour	6
About the place of birth	6
About pain relief	6
About monitoring and interventions	7
About caesarean birth	7
About after the birth	8
My tour notes	8

Fill-in birth plan, questions to ask, and every checklist you need for the big day — for the US and the UK.

1. How to use this kit

A birth plan is not a contract and not a test you can fail. It is a way of telling the people who will look after you what matters to you, so that you do not have to explain it in the middle of a contraction. The NHS describes it simply: a birth plan sets out what you would ideally like to happen during the birth and after your baby is born. It also reminds you that birth does not always go perfectly to plan, that things may change at the last minute, and that your midwife will be there to help you make the best and safest decision for you and your baby.

NICE, which writes the guidelines for NHS maternity care, asks professionals to discuss your preferences and choices for labour and birth as early as possible in pregnancy and to record them — because making choices in advance gives you more time to think about all your options. In the US, ACOG encourages you to plan your trip to the hospital, pack ahead and organise care for your other children and pets. This kit helps you do all of that calmly.

When to start

The NHS week-by-week guide suggests thinking about a birth plan around week 24, writing it from around week 29, and packing your bag by around week 33 in case your baby comes early. If you are expecting twins, start a few weeks earlier.

How this kit is organised

- **Chapters 2 and 3** help you gather information: the questions to ask, and a neutral explanation of each option so you can decide without pressure.
- **Chapter 4** is the full template, section by section, with tick boxes and space to write.
- **Chapter 5** is a one-page version to print and hand over on the day. Midwives and nurses are busy: a single clear page is read; six pages may not be.
- **Chapters 6 to 9** are the practical part: bags, car seat, going home, and your first 48 hours.
- **Chapter 10** is for your birth partner.

A few principles

- **Write preferences, not demands.** "I would like..." and "If possible..." keep the conversation open.
- **Plan for the unexpected too.** The most useful birth plans include a section on "if things change": what matters to you during an assisted birth or a caesarean.
- **Share it in advance.** Talk it through with your midwife or doctor before labour, so they can tell you what is available where you are giving birth.
- **Every choice is respected here.** An unmedicated birth, an epidural from the first contraction, a planned caesarean, breastfeeding, formula: this kit treats them all as equally valid.

- **Every family is welcome here.** Solo parents, same-sex couples, co-parents, families built with IVF, donors or surrogacy: use the "about us" section to tell your team who is who and how you would like to be addressed.

Is this normal?

Feeling anxious about birth is very common, and so is feeling nothing in particular. If fear of birth is affecting your sleep or your daily life, tell your midwife or doctor: support is available, and you do not have to wait until it gets worse.

2. Before you write: questions to ask and your hospital tour

Take this list to an appointment or on a tour of the maternity unit. Many units offer tours or virtual tours; ask what is available. Tick the questions you want to ask and write the answers alongside.

About the place of birth

- ☐ What birth settings are available to me: labour ward, midwife-led unit or birth centre, home birth? (UK: the NHS checklist starts with where you want to give birth.)
- ☐ How many birth partners can be with me in labour? Can they stay overnight afterwards?
- ☐ Can my birth partner(s) be with me if I need an assisted birth or a caesarean? (The NHS lists both questions in its birth plan checklist.)
- ☐ Are students or doctors in training present, and can I say no?
- ☐ Is there a birth pool? How often is it available?
- ☐ What equipment is there: birth balls, mats, beanbags, a bed that adjusts for upright positions?
- ☐ Can I bring my own music, lighting, pillow or aromatherapy?
- ☐ Can I eat and drink in labour?
- ☐ Where do I go when I arrive, day and night? Where do we park, and is there a charge?
- ☐ When should I call before coming in? What number do I call?

About pain relief

- ☐ Which pain relief options are available here, and at what times?
- ☐ Is an anaesthetist / anesthesiologist always available for epidurals? (The NHS advises checking this if you think you might want one.)

- ☐ Are "mobile" epidurals offered? (The NHS says some hospitals offer them, with remote heart-rate monitoring.)
 - ☐ Is nitrous oxide (gas and air) available? (In the US, ACOG notes it is offered by some hospitals.)
 - ☐ Can I use a TENS machine, and should I bring my own?
-
-
-
-
-
-

About monitoring and interventions

- ☐ How will my baby's heart rate be monitored if my pregnancy is low risk? Intermittent listening or continuous monitoring?
 - ☐ If I need continuous monitoring, can I still move around? Is wireless (telemetry) monitoring available?
 - ☐ What is your approach to induction, and when would it be offered to me?
 - ☐ How do you manage the third stage (delivery of the placenta) by default?
 - ☐ How long do you usually wait before clamping the cord?
-
-
-
-
-
-

About caesarean birth

- ☐ Can my birth partner be with me in theatre / the operating room?
- ☐ Can the screen be lowered, or a clear screen used, so I can see my baby being born?
- ☐ Can skin-to-skin contact begin in theatre if my baby and I are well?

☐ How long is the usual hospital stay after a caesarean here?

About after the birth

- ☐ What newborn checks and procedures happen here, and when?
- ☐ What feeding support is available — breastfeeding, expressing and formula?
- ☐ Can my baby stay with me at all times?
- ☐ Is there a neonatal unit on site? If my baby needed special care, where would they go?
- ☐ How long do people usually stay after a vaginal birth?
- ☐ US: is the hospital in my insurance network? Have I pre-registered? Do you need my pediatrician's name?
- ☐ UK: who visits me at home after discharge, and when?

My tour notes

Date of tour / appointment

_____ **What reassured me:** _____ **What I**
want to think about: _____ **What surprised me:**

End of the sample

Thank you for reading this far. We hope these first pages already feel useful, and that you can see how the rest of the book is built: clear steps, pages to fill in, sources you can check.

The full book has 34 pages.

Get it here: <https://mamavela.com/shop/birth-plan-hospital-bag-kit/>

One-time payment, instant PDF.