



Your Birth Planning Guide

By Matrescence Birthing Centres Gold Coast

This Birth Planning Planner has been created as a gift for you, a place to honour your hopes, preferences and the way you want to feel during your baby's birth.

Our goal is to help you feel **informed, supported and empowered** to create a birth experience that reflects you: **your values, your instincts, your story.**



Introduction

Whether this is your first birth or your fifth, and whether you're birthing privately, publicly, or with a midwife-led team, this workbook is here to guide gentle reflection and meaningful conversations with your caregivers.

At Matrescence Birthing Centres Gold Coast, each room has been purposefully created as an oxytocin-friendly birth suite, a warm, nurturing birth space that functions as a physiological birth sanctuary, supporting calm, connected, positive birth experiences.

May this resource help you enter your birth with clarity, confidence, and connection. A gentle guide to help you create a meaningful, informed and supported birth experience.

Instructions

This Birth Planning planner is your space to reflect on what matters most to you as you prepare to meet your baby. There is no right or wrong way to complete it. Simply explore each section gently and write what feels meaningful, supportive and true for you.

1. How to use this workbook:



Find a calm moment to read through each section and consider the experience you hope to create and answer the prompts that resonate.

2. Skip anything that doesn't apply, every woman's journey is unique.



Every woman's journey is unique, feel free to write freely and intuitively.

3. Your values, instincts and lived experiences are your best guide.



Share your preferences with your birth partner(s), midwife, doctor, doula, or support team.

4. This workbook is designed to spark meaningful conversations.



Bring it with you to antenatal appointments or into your birth setting, public hospital, private hospital or birth centre. Use it as a communication tool.

Birth can unfold in unexpected ways. This workbook helps express your hopes while allowing space for medical needs if they arise.

Above all, remember: your preferences matter, your voice matters, and your birth experience matters.



Your Birth Plan

Your Name

Your D.O.B

About You

1. What name would you like your care team to use for you?
2. Who are your support people?
3. Are there cultural, spiritual, or personal practices that are important to you?
4. What helps you feel safe, calm, and cared for?

Your Vision for Birth

1. What are your hopes for your birth?

2. How do you want to feel throughout labour and birth?

3. What does a positive or supported birth look like to you?

4. Would you like to add a personal message to your birth team?

Your Support Team

1. Who will be your primary birth partner(s)?

2. Do you have a doula?

3. Are there people you prefer not to be present?

4. How should staff communicate with your partner/team if you are deep in labour?

Environment

1. What helps you feel calm (lighting, privacy, warmth, quiet, music)?
2. Would you like fairy lights, aromatherapy, affirmations, or a playlist?
3. Should staff knock and wait before entering the room?
4. Do you prefer minimal talking or soft voices only?



Communication & Language

1. What language feels supportive? (e.g., “surges,” “breathing baby down”)

2. Are there words or phrases you prefer to avoid?

3. Would you like encouragement or minimal verbal guidance?

4. Who should staff speak to if you are focused and not talking?

Comfort Measures / Pain Support

1. Which natural comfort tools would you like to use?
2. Would you prefer not to be asked about pain levels?
3. Do you want to request medical pain relief only if you need it?
4. Are there options you do not want offered?

Monitoring & Interventions

1. Do you prefer intermittent monitoring?
2. Do you consent to a cannula on admission?
3. How do you feel about vaginal examinations? (frequency, when, by whom)
4. Are there interventions you want to avoid unless medically needed?

Movement & Positioning

1. Do you want full freedom to move and change positions?

2. Would you like to use the shower or birth pool?

3. What positions help you feel grounded or supported?

4. Would you like a birth ball, peanut ball, mat, or sling?

During Birth

1. Do you prefer mother-led breathing down or coached pushing?

2. Would you like warm compresses on your perineum?

3. How do you feel about episiotomy?

4. Who should catch/receive the baby?

5. Who should catch/receive the baby?

6. Who announces the baby's sex?

After Birth - Golden Hour

1. Do you want immediate skin-to-skin?
2. Do you prefer minimal newborn handling?
3. How long would you like uninterrupted bonding before checks?
4. What are your feeding preferences?

Third Stage - Birthing the Placenta

1. Would you like a physiological (natural) third stage?
2. How long are you comfortable waiting for the placenta?
3. Do you want to avoid cord traction or fundal pressure?
4. Who will cut the cord, and when?
5. Are you taking your placenta home?

Baby Care

1. Do you consent to Vitamin K? Hep B? RSV?
2. Would you like newborn procedures delayed or explained first?
3. What feeding approach would you like?
4. What are your preferences in case baby needs extra support?

If Baby isn't Well

1. What are your wishes for delayed cord clamping, even with resuscitation?

2. Who stays with the baby at all times?

3. What communication style do you want from staff?

4. What feeding options do you consent to in NICU?



If You Aren't Well

1. Who should stay with you?

2. Who makes decisions if you cannot?

3. What reassurance or communication helps you feel secure?

4. Are there interventions you decline (e.g., blood products)?



Induction of Labour - If Discussed

1. Under what circumstances would you consider induction?

2. What information do you want before deciding?

3. Which parts of your plan still matter most if induction occurs?

Caesarean - If Needed

1. What creates a calm environment for you in theatre?

2. Would you like your music played?

3. Do you want delayed cord clamping?

4. Do you want baby placed on your chest immediately?

3. Who stays with baby if separation occurs?

4. Would you like photos or video?

Final Reflection

1. What are your top 3 most important birth preferences?

2. What helps you feel respected and safe?

3. Anything else you want your team to know?



Thank you for taking the time to read our birth preferences and for supporting us with compassion, patience and respect.

We appreciate your commitment to helping us create a calm, connected and positive birth experience.