THE MUSLIM MOTHERHOOD

MY BIRTH PLAN

My birth, my choices, my voice.

A record of my wishes for labour and birth. These are my preferences — nothing should be done without my consent. Please read it, and talk to me before anything changes.

ABOUT ME

MY NAME

DUE DATE

MY BIRTH PARTNER(S)

MY MIDWIFE / HOSPITAL

MY FAITH & CULTURAL NEEDS

FAITH PREFERENCES & PRACTICES (E.G. FEMALE PRACTITIONERS, PRIVACY, MODESTY)

PRAYER, DU'A OR QUR'AN DURING LABOUR

DIETARY NEEDS (E.G. HALAL) AND FAITH PRACTICES AFTER THE BIRTH (E.G. ADHAN)

LANGUAGE / INTERPRETER NEEDS

LABOUR & BIRTH

THE ENVIRONMENT I'D LIKE (LIGHTING, QUIET, MUSIC, WHO IS PRESENT)

POSITIONS, MOVEMENT & PAIN RELIEF I'D LIKE TO USE OR AVOID

MY WISHES FOR MONITORING, EXAMINATIONS & INTERVENTIONS

IF LABOUR CHANGES — MY WISHES ON INDUCTION, ASSISTED BIRTH OR CAESAREAN (EVEN IF NOT PLANNED)

MY BABY & AFTER THE BIRTH

SKIN-TO-SKIN, CORD CLAMPING, VITAMIN K (INJECTION OR ORAL) & WHO HOLDS BABY FIRST

FEEDING WISHES, AND FAITH PRACTICES FOR BABY (E.G. ADHAN)

ANYTHING ELSE THAT MATTERS TO ME, AND MY TEAM SHOULD KNOW