

Baby Loss Birth Plan

Blank Template

A guide to my wishes for labour, birth and time with my baby

This birth plan is a way for you to share your wishes with your maternity team. Every birth is different, and your wishes may change throughout the experience.

You can change your mind at any time.

People Present

Who would I like with me?

Are there any preferences about who is present?

For example: who you would like with you, how many people you would feel comfortable with, or whether you would prefer staff to introduce themselves.

Environment During Labour

What would help me feel calm, comfortable and safe?

For example: a quiet and private room, dim lighting, music, fairy lights, your own pillow or familiar items from home.

Are there any other things I would like to use?

For example: relaxation music, a speaker, essential oils if permitted, a blanket, familiar scents or other comfort items.

Anything I would prefer to avoid?

For example: loud conversations, unnecessary interruptions, lots of people entering the room.

Labour

How would I like to approach labour?

For example: hypnobirthing, breathing, visualisation, relaxation recordings, movement or different positions.

What would help me during contractions?

For example: massage, breathing reminders, a birth ball, heat pack, music, touch or quiet.

What are my wishes around pain relief?

For example: whether you would like to use hypnobirthing or other techniques first, or whether you would like to keep all pain relief options open.

Anything else I would like my maternity team to know?

For example: how you would like staff to communicate with you, whether you would like procedures explained beforehand, or anything that would help you feel safe and supported.

Delivering the Placenta

What are my wishes around delivering the placenta?

For example: For example, you may want to talk about whether you would prefer to let things happen naturally or have medication to help things along. You can also choose to discuss your options with your midwife before deciding what feels right for you.

What would help me feel comfortable?

For example: having your birth partner involved in discussions or having medication and interventions explained beforehand.

Anything else I would like to consider?

For example: whether you would like to see the placenta or discuss taking it home.

After Birth

What is important to me after my baby is born?

For example: whether you would like to hold your baby, have time with your baby, have your baby wrapped in a special blanket, or have your baby cared for in a particular way.

What would help me feel supported?

For example: privacy, having things explained to you, being asked before your baby is taken away, or having your birth partner involved.

Anything else I would like to consider?

For example: who you would like to hold your baby first, how you would like to see your baby, whether you would like to make memories, and when you would like to discuss practical arrangements.

Memory Making & What Happens Next

What memory-making options would I like to consider?

For example: photographs, hand and footprints, a memory box, special clothing or other keepsakes.

When would I feel ready to discuss these options and funeral arrangements?

Anything else I would like my maternity team to know?

Chosen baby's name (if you have chosen a name, you could also include this within the plan.

We hope this resource has been helpful, sending all our love x