



Baby Loss Birth Plan

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

This is an example of how a birth plan might be completed. Every birth is different, and your wishes may be different.

You can change your mind at any time.

Example: Completed Birth Plan

People Present

Who would I like with me?

My partner, Rick.

Are there any preferences about who is present?

I would prefer as few people as possible in the room. I would like staff to introduce themselves and explain their role.

Environment During Labour

What would help me feel calm, comfortable and safe?

I would like a quiet, private room with dim lighting. I would like to use my own speaker to play my relaxation music and have battery operated fairy lights if permitted.

I would like to bring my own pillow and pillowcase from home, as the familiar scent is comforting to me.

Are there any other things I would like to use?

I would like to use a familiar essential oil scent if permitted by the hospital. I would also like my own blanket.

Anything I would prefer to avoid?

I would prefer unnecessary interruptions and loud conversations to be kept to a minimum.

Labour

How would I like to approach labour?

I would like to use hypnobirthing and relaxation techniques, including breathing, visualisation and relaxation recordings. I would like to remain mobile and change positions where possible.

What would help me during contractions?

I would like Rick to remind me to breathe, offer massage and help me focus on my breathing. I would like to use a birth ball and heat pack if appropriate.

What are my wishes around pain relief?

I would like to begin with breathing techniques, but I would like to keep all pain relief options open. I would like staff to explain my options and support me to make decisions as labour progresses.

Anything else I would like my maternity team to know?

Please explain procedures before carrying them out and ask for my consent. I would like calm, reassuring language. I have chosen the name Ellie for my baby.

Delivering the Placenta

What are my wishes around delivering the placenta?

I would like to discuss my options with my midwife before labour. I would prefer to deliver the placenta naturally if clinically appropriate, but I would like to understand the benefits and risks of other options.

What would help me feel comfortable?

I would like my birth partner involved in discussions and would like staff to explain any medication or intervention before it happens.

Anything else I would like to consider?

I would not like to see the placenta.

After Birth

What is important to me after my baby is born?

If I feel comfortable, I would like to hold my baby and have time together as a family before we say goodbye. I would like my baby wrapped in the special blanket I have prepared and would like to spend as much time as I feel able to with my baby.

What would help me feel supported?

I would like staff to explain what is happening and give us privacy. I would like to be asked before my baby is taken away, where possible.

Anything else I would like to consider?

I would like Rick to hold our baby before I see her, so that he can tell me what she looks like and help me decide whether I feel ready to meet her.

If I do decide that I would like to see her, I would like to see her hands and feet first, so that I can be gently eased into seeing her.

Please do not rush me or encourage me to see or hold her before I feel ready. I would like to be given time to make this decision for myself and to change my mind at any point.

I would also like to discuss memory-making options, including photographs, hand and footprints, memory boxes and funeral arrangements after delivery. Please give me some time before discussing these with me. I may not feel ready immediately after giving birth and would like time to process what has happened before making decisions.