

# BIRTH PLAN GUIDE:

## How to Prepare and What to Expect

A birth plan helps you communicate your preferences for labor and delivery. It's a flexible, living document that guides your care team on what matters most to you.



### Why Create a Birth Plan?

- Communicate wishes for lighting, environment, and care practices.
- Plan pain management preferences, support people, and birth atmosphere.
- Prepare mentally and emotionally for labor.

### What to Include:



**Who** you want present  
(partner, doula, etc.).



**Pain management strategies**  
(medicated and unmedicated options).



**Comfort techniques:** breathing, movement, hydrotherapy.



**Preferences** for baby care immediately after birth

### Pain Management Options:



**Early labor:** Movement, warm baths, acupressure, breathing techniques, aromatherapy, music.



**Active labor:** Nitrous oxide (laughing gas), IV pain meds, epidural.

### Key Takeaways:

- Birth plans are not contracts. Flexibility is key.
- Take a childbirth class to practice techniques.



### Start Your Birth Journey:

**Learn more about Livingston HealthCare:**  
[livingstonhealthcare.org/services/family-birth-center](http://livingstonhealthcare.org/services/family-birth-center)

**Sign up for a tour:**  
[livingstonhealthcare.org/contact-us](http://livingstonhealthcare.org/contact-us)  
(choose "Tour Family Birth Center" in dropdown)

**Schedule an appointment to meet our team: 406.222.3541**