

Postnatal

- ☐ Exclusive breastfeeding



Others

Please feel free to suggest if there are alternative plans:

This is the birth plan of _____. I understand that the most appropriate delivery arrangements will be made for me by healthcare professionals when necessary.



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Obstetrics & Gynaecology Department

Ideal Birth Plan in “Youde”



Giving birth naturally is an incredible and challenging experience for expectant parents. Our birth plan aims to support and empower you by providing valuable information about prenatal care, childbirth, postpartum recovery, and baby care. Through communication with midwives, we help you make informed choices that align with your needs.

****This birth plan will be adjusted according to the condition of the mother, baby and the ward situation****

Antenatal

I have participated in the following classes or workshops:

1. Antenatal Class

- ☐ 1.1 Antenatal care
- ☐ 1.2 Breastfeeding
- ☐ 1.3 Labour care and pain relief methods for child birth
- ☐ 1.4 Postnatal care · Prevention of postpartum depression
- ☐ 1.5 Newborn care

2. Pre-parenting Workshop

- ☐ 2.1 Birth ball
- ☐ 2.2 Birth massage
- ☐ 2.3 Perineal massage
- ☐ 2.4 Newborn care
- ☐ 2.5 Baby bathing
- ☐ 2.6 Key points for breastfeeding



Birth Plan

Please select your preference by '✓'
(you can choose more than one item)

1. In Labour

- ☐ 1.1 Husband accompanying labour
- ☐ 1.2 Husband accompanying delivery
- ☐ 1.3 Free to mobilize during labour



2. Pain relief methods

Non-pharmacological pain relief method

- ☐ 2.1 Deep breathing
- ☐ 2.2 Music therapy 
- ☐ 2.3 Hot pad
- ☐ 2.4 TENS
- ☐ 2.5 Birth ball
- ☐ 2.6 Birth massage
- ☐ 2.7 Aromatherapy 

Pharmacological pain relief method

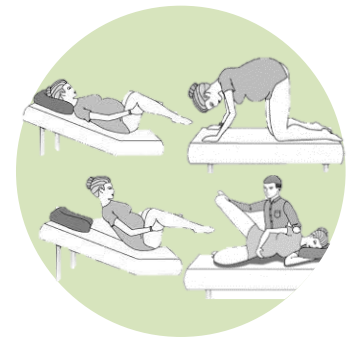
- ☐ 2.8 Nitrous Oxide (Laughing gas)
- ☐ 2.9 Pethidine injection
- ☐ 2.10 Epidural anesthesia

3. During delivery

- ☐ 3.1 Try alternative birthing positions
- ☐ 3.2 Tear naturally if possible

4. Contact with my baby

- ☐ 4.1 Early Mother skin-to-skin contact with baby
- ☐ 4.2 Breastfeeding as early as possible
- ☐ 4.3 Father skin-to-skin contact with baby



Remark: Antenatal classes and Pre-parenting Workshop were conducted in Cantonese