

Your Home Birth Plan Checklist



Mother's Name:	
Father's Name:	
Expected Due Date:	
Midwife Name, Phone and Email:	
Doula Name, Phone and Email:	
Birthing Coach Name, Phone and Email:	
Baby's Name:	

The Birthing Environment

Lighting:	
Music:	
Essential Oils:	
Candles:	
Bedding (Pillows, Blankets):	
Room Temperature:	
Who Can Be in the Room:	
Who Should Not Be in the Room:	
Can Photos be Taken?	
By Whom and of What Parts of the Birth?	
Can Video Be Taken?	
By Whom and of What Parts of the Birth?	
Where Should My Children Be/ Who Will Supervise:	
Where Should My Pets Be/ Who Will Supervise:	
Additional Requests:	

Nourishment

Water:	
Beverages:	
Ice Chips:	
Fruit:	
Broth:	
Additional Food & Beverage Requests:	

Pain Management

Provide Medication Under What Circumstances:	
Which Medications:	
Additional Pain Management Requests:	

Birth Method

Describe the Method of Birth:	
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After Birth Instructions

Baby Vernix:	
Skin-to-Skin:	
Breastfeeding or Formula:	
Umbilical Cord:	
Placenta:	

