



C-Section Birth Plan

Name:

Estimated due date:

Planned birth date:

Hospital / Location:

Primary caregiver (obstetrician/midwife):

Partner:

Doula:

Other support person (if any):

Through this cesarean birth plan, I wish to create an atmosphere of respect, connection, and care as I welcome my baby.

By preparing this plan, I hope to create a birth that is aligned with my wishes, where my partner and doula are included, and where I can meet my baby in an atmosphere of love and presence.

Whether my cesarean is planned, chosen, or becomes necessary during labor, this plan reflects my wishes so I can feel informed, supported, and connected throughout the process. It is a guide for me, my partner, my doula, and the medical team to work together.

Pain relief & anaesthesia

- Preference: regional anaesthesia (spinal or epidural), so I can stay conscious and present*.
- General anaesthesia only if medically essential.
- If under general anaesthesia: I would like my partner to be with the baby immediately and to do skin-to-skin.

Partner & doula

- My partner will be present during the procedure.
- If possible, my doula may also be present in theatre, or join me immediately afterwards.
- If I am under general anaesthesia: my partner stays with the baby, my doula stays with me once I wake up.

Atmosphere in the operating theatre

- Calm and quiet environment, minimal unnecessary talking.
- If talking: clear step-by-step explanations so I can stay connected to what is happening.
- My own music may be played.
- The first voice my baby hears: mine or my partner's.

Baby's birth

- I would like the option to see my baby being born (screen lowered), unless I decide it feels overwhelming.
- My partner may take photos. If not possible, I would like a nurse or midwife to take them.
- If possible: maternal assisted caesarean (help lift baby onto my chest).
- Cord clamping: only after the placenta is born and the cord has stopped pulsating. Please use the silicone clamp I will bring.

Immediately after birth

- Baby directly skin-to-skin on my chest.
- If not possible: baby skin-to-skin with my partner.
- Breastfeeding as soon as possible, if that is what I choose.
- My partner will cut the cord.
- I would like to see my baby's sex myself.
- Placenta to be taken home.

After the operation

- If the baby needs medical care or NICU: my partner stays with the baby, and my doula stays with me.
- If breastfeeding is not possible, not what I want, or if the baby is not interested: I would still like immediate skin-to-skin, either with me or with my partner if I feel too overwhelmed.

Note: I remain flexible. If circumstances change, I would like clear explanations and to be told my options.

Checklist version (to print & fill in)

Pain relief & anaesthesia

- ☐ Spinal
- ☐ Epidural
- ☐ General anaesthesia only if essential
- ☐ Other:

Partner & doula

- ☐ Partner present
- ☐ Doula present (if possible)
- ☐ If GA: partner with baby, doula with me
- ☐ Other:

Atmosphere

- ☐ Quiet theatre
- ☐ Step-by-step explanations
- ☐ Own music
- ☐ First voice: ☐ mine ☐ partner's
- ☐ Other:

Baby's birth

- ☐ Screen lowered so I can see
- ☐ Screen kept raised
- ☐ Photos by partner
- ☐ Photos by staff
- ☐ Maternal assisted caesarean
- ☐ Cord clamping after placenta & pulsation stops
- ☐ Silicone clamp (I bring it)

Immediately after birth

- ☐ Baby skin-to-skin with me
- ☐ Baby skin-to-skin with partner
- ☐ Breastfeed immediately
- ☐ Bottle feeding by partner
- ☐ Partner cuts cord
- ☐ I see baby's sex myself
- ☐ Take placenta home

After the operation

- ☐ Partner stays with baby if NICU, doula stays with me
- ☐ Skin-to-skin even if no breastfeeding
- ☐ Other wishes:

***Pain relief & anaesthesia**

- Regional anaesthesia preferred: spinal or epidural.
- **Spinal:** quick, reliable, complete numbness, most common for a planned caesarean.
- **Epidural:** slower onset, adjustable dose, sometimes used if already in place during labour.
- I would like to hear my options clearly explained before the decision is made, and to be included in choosing what feels best for me and my baby.
- General anaesthesia only if medically essential.
- If under general anaesthesia: my partner stays with the baby, and my doula stays with me.