



Rainbow baby
induction birth
plan (short
version)

I am pregnant after a loss. I wish to be treated with dignity and kindness and want to minimise anxiety by creating a safe space with professionals that understand and are sympathetic to my circumstances.

I would like everyone in theatre to understand our circumstances, and would like the care team supporting us in recovery and afterwards to fully understand our circumstances so that we do not have to repeat our situation.

This includes Doctors, midwives, students, cleaners etc.

My name is

My birth partner is called

They are my

Birth partner involvement



Triggers

Pain Relief and remaining active

My view on having students in the room

My view on vaginal exams

Foetal Monitoring

Episiotomy/ Forceps/ Ventouse

I would like to be informed of/ask if I can have an
unplanned C-section in the following circumstances

In the event of an unplanned C-section, where time allows I
would like

If I have an unplanned C-section, after birth I would

My views on cord cutting are

For the third stage of labour

After birth I would like the following to happen to the placenta
and umbilical cord

Skin to skin contact with baby



Vitamin K



Tongue Tie

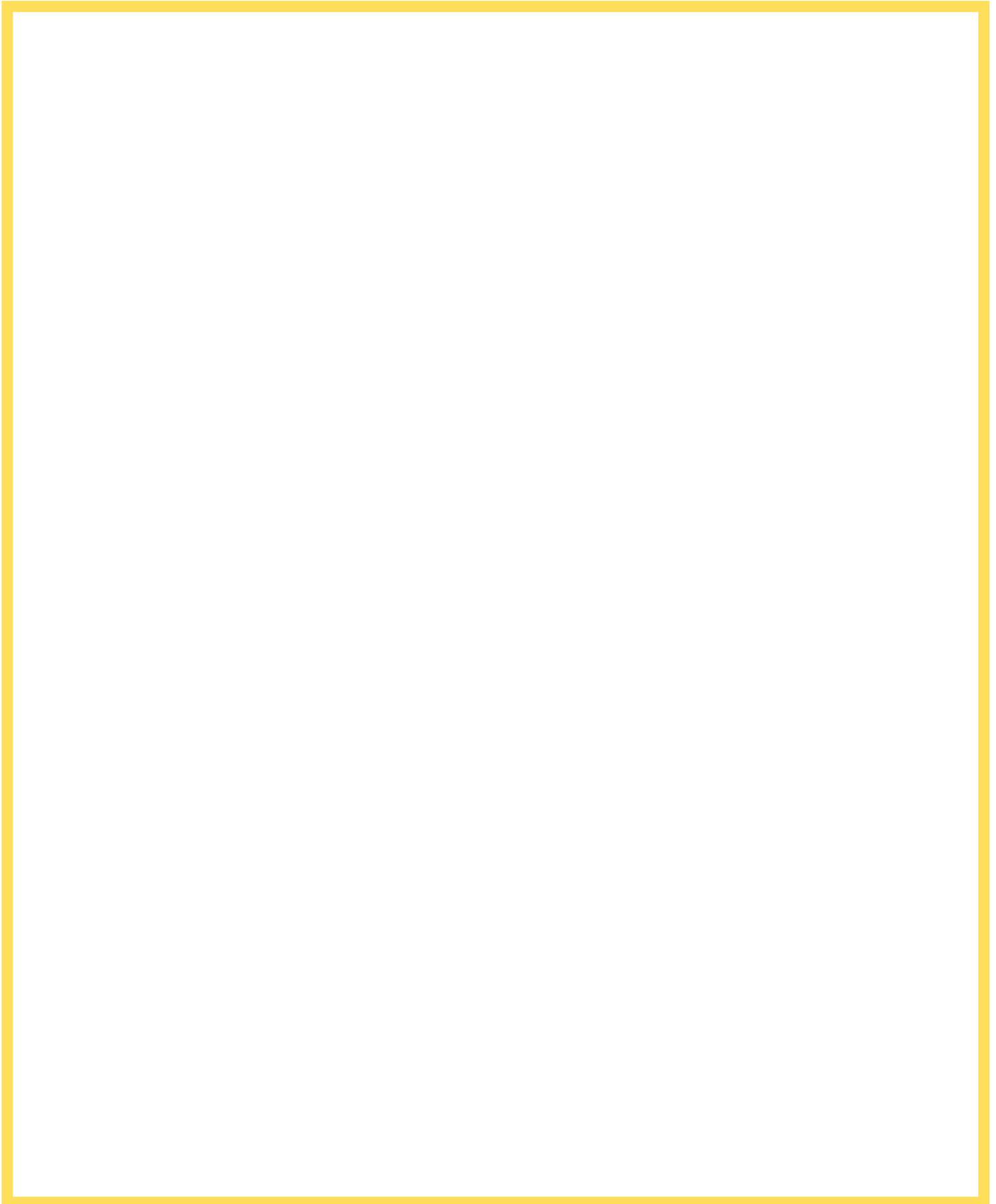




antenatal

www.novafoundation.org.uk

Breastfeeding



I would like additional visits from the community midwife/health visitors for the first few weeks after the baby has been born to help us feel more confident and reassured.

Other information