

BIRTH PLANNING

Birth plan essentials

BirthX Team · August 28, 2026

A birth plan isn't a script. It's a way to think through your preferences and share them with your care team. Here's how to write one that gets read.

Key takeaways

- A birth plan is a way to think through and share your preferences, not a script.
- Keep it to one page so your care team can read it quickly.
- Cover pain relief, movement and environment during labor, and how you want to hear about changes.
- Include your wishes for birth and right after: skin-to-skin, feeding, cord clamping, newborn procedures.
- Add your preferences in case a cesarean is needed.
- Review it with your provider before labor, and use phrases like "if possible" to stay flexible.

Read the full article

<https://birthx.org/blog/birth-plan-essentials/>