



**SECTION 3**  
**Basic Clinical Interventions**  
**for Maternal and Newborn**  
**Complications**

**Session 4-3:**  
**The Birth Plan**

# What is a Birth Plan?

- a document prepared during the prenatal care which states the woman's conditions during pregnancy;
- her preferences for her place of delivery;
- choice of birth attendant;
- her available resources for her childbirth and newborn baby;
- and the preparations needed should an emergency situation arise during pregnancy, childbirth and postpartum.



# Planning for delivery at home

- Who do you choose to be the skilled attendant for delivery?
- Who will support you during labor and delivery?
- Who will be close by for at least 24 hours after delivery?
- Who will help you to care for your home and other children?



# Organize the following:

- A clean and warm room or corner of a room.
- Mother and Child Book.
- A clean delivery kit which includes soap, a stick to clean under the nails, a new razor blade to cut the baby's cord, 3 pieces of string (about 20 cm. each) to tie the cord.
- Clean cloths of different sizes: for the bed, for drying and wrapping the baby, for cleaning the baby's eyes, and for you to use as sanitary pads.
- Warm covers for you and the baby.



# Organize the following:

- Warm spot for the birth with a clean surface or clean cloth.
- Bowls: two for washing and one for the placenta.
- Plastic for wrapping the placenta.
- Buckets of clean water and some way to heat this water.
- For hand washing, water, soap and a towel or cloth for drying hands of the birth attendant.
- Fresh drinking water, fluids and food for the mother.



# Preparing an emergency plan

- **To plan for an emergency, consider:**
  - ✓ Where should you go?
  - ✓ How will you get there?
  - ✓ Who will pay for transport ? How much will it cost?
  - ✓ What costs will you have to pay the health facility? How will you pay for this?
  - ✓ Can you start saving for these possible costs now?
  - ✓ Who will go with you to the health center?
  - ✓ Who will help to care for your home and other children while you are away?



# Planning for delivery at the hospital or health facility

- How will you get there? Will you have to pay for transport to get there?
- How much will it cost to deliver at the facility? How will you pay for this?
- Can you start saving for these costs now?
- Who will go with you and support you during labor and delivery?
- Who will help you while you are away and care for your home and other children?



# Bring the following:

- **Mother and Child Book**
- **Clean cloths of different sizes: for the bed, for drying and wrapping the baby, and for you to use as sanitary pads.**



- **Clean clothes for you and the baby.**