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.