

**Birth Plan Worksheet: Identifying Fears and Concerns**

**Identify the things that make you feel safe:**

**How do you usually cope with pain, fear and stress?**

Review the following areas and identify those things that might be fearful for you, triggers for anxiety of previous experiences, or things you are currently thinking about related to your pregnancy, labor or birthing experience. Think about what strategies might help you work with these fears, and discuss these with your birth attendant

<b>Trigger/Fear/Concern</b>	<b>Possible Strategies</b>
<b>Pain and Perceptions of Pain</b>	
Pain with labor contractions Expressions of pain: (facial, vocal, bodily tension) The effect of pain medications on me The effects of Narcotics: (groggy/sleepy, less pain, more relaxation) The effect of epidurals: (numb, less participation, inability to move, inadequate pain relief, more relaxation) The effect of pain medications on my baby Previous experiences with pain	
<b>Behavior</b>	
Feeling out of control Unable to move/restriction to the bed Making noises during labor Pushing efforts & sounds  <b>Procedures</b> Hospital environment or birth environment Blood drawing Intravenous needles/ fluids, IVs Connection to "lines", feeling tied down	

<p>(fetal monitor, catheter, epidural)  Vaginal exams in labor  Episiotomy/tearing  Forceps/vacuum assistance  Cesarean birth  Fetal distress  Post birth concerns:  (placenta, vaginal exams, stitches)  Male providers</p>	
<p style="text-align: center;"><b>Birth Process</b></p> <p>Changed appearance  Nakedness and exposure of body parts  Secretions:  ("show", blood, amniotic fluid, urine, bowel movements)  Body positions:  (hands/knees, squatting, flat on back, side)  Birth of the baby, crowning, stretching, burning  Holding the baby skin to skin  Breastfeeding  Problems with the baby</p>	
<p style="text-align: center;"><b>People Involved</b></p> <p>Relationship with provider  Behavior of caregiving staff towards you  Baby's caregiver at the birth  Family members present or not present  Strangers present</p>	
<p>Other Concerns you might have</p>	