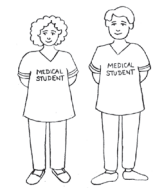
Example 1 – Alexis Quinn's birth plan



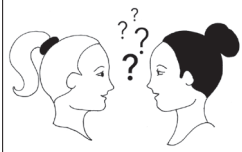
I have had 1 birth(s)



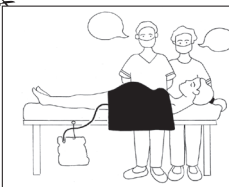
Theatre birth (caesarean)



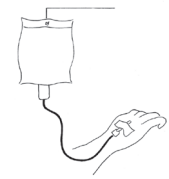
Medical students OK



Ask my permission
My consent is important



Talk me through
what is happening



IV line in right hand



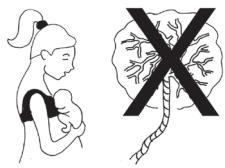
Screen lowered so
we can see the birth



Skin to skin



Midwife to cut the cord



I don't want to see my placenta



Please wipe my baby down



Vitamin K injection



I plan to breast feed

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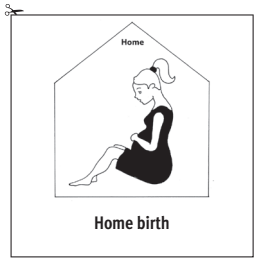
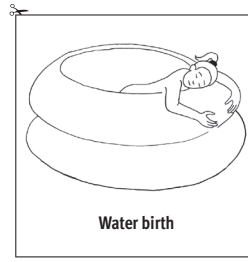
Example 2 – Jane and Jo



This is my first birth



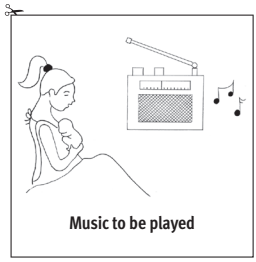
Home birth



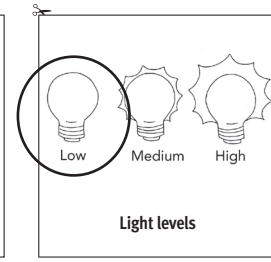
Water birth



Massage



Music to be played



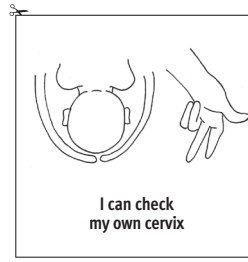
Light levels



Quiet please (no chatting)



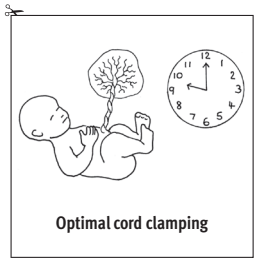
Don't offer me pain relief



I can check
my own cervix



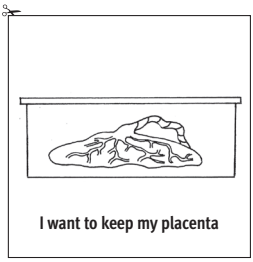
Please don't tell me
when to push



Optimal cord clamping



Please let us discover
the baby's sex



I want to keep my placenta

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