

And That Means ...

Preparing a birth plan may feel intimidating to you. How can you know if you've covered all of your bases? How can you feel certain that you've made the best plans you can? The exercise that follows will help you check your plans, confirm how prepared you are for your birth, help you clarify your goals and affirm your power. You may wish to run through this exercise with every point on your plan. You may just need to work on those issues most important to you. Work on your plan until you feel comfortable.

1. Select a point from your birth plan.
2. Write the point as an I WANT... sentence. For example:
I WANT to avoid an episiotomy.
3. Finish the sentence with AND THAT MEANS.... For example:
AND THAT MEANS doing regular perineal massage, doing squatting and Kegels, controlled pushing when the baby is coming, making sure I will have perineal support and warm compresses at delivery.