



## Dealing With Changes in Your Birth Plan

*TAKE A DEEP BREATH*

*REMAIN CALM*

*LISTEN CAREFULLY*

*DO NOT INTERRUPT WHILE THE INFORMATION IS BEING PRESENTED*

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### *UNDERSTAND THE SITUATION*

Restate what was said. Reflect on what you heard: “I heard you say...”

Clarify what you heard: “I’m not sure I understood that...”

If you are not speaking with your primary caregiver: “How would my own midwife/doctor handle this situation?”

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### *LEARN THE RISKS AND BENEFITS*

What are the benefits of the proposed change to me? To my baby?  
*(example: “What is the benefit of a fetal scalp electrode to me? To my baby?”)*

What are the general risks of the procedure or proposed change?  
*(example: “What are the risks of my eating during labor?”)*

What are the chances of this happening to me? To my baby?  
*(example: “What are the chances of my becoming dehydrated if I do not have an IV?”)*

Are there alternatives? What are they?  
*(example: “Is there another way to monitor the baby safely other than continuous electronic fetal monitoring?”)*

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### *DISCUSS THE OPTIONS*

Discuss the issues with your partner, your doula and the medical professionals.

Gather the information. Ask the staff to leave you alone with your partner and doula so that you can discuss all of your options and make an informed decision.

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*Respect the opinions of others and expect others to respect yours.*

*(example: “We respect your opinion and will take it strongly into consideration when we make our decision about this. We hope you will respect the fact that our decision will be based on what we feel is best for mother and baby.”)*