BIRTH PLAN WISH LIST

Multiple births don't always follow a plan, but it's still a good idea to create a birth plan wish list. Your choices are likely to be limited by how many babies you're expecting and how complicated your pregnancy has been to date, so talk these through with your midwife and consultant.

If this is helpful, please share your thoughts on social media using the hashtag **#PracticalGuidetoTwinsTripletsandMore** and tag me **@TalesofaTwinMum** on Instagram, Twitter and Facebook.

Some things to consider including in your birth wish list…	**Wishes**
What pain relief would you like?	
Do you want music playing during the birth?	
Who will be in the delivery room? Are you happy to allow students in to watch?	
Do you have a preference for lighting in the room?	
How would you like your babies to be monitored during the labour?	
Do you have a particular position you'd like to birth in?	
What would you like to happen when the babies are delivered? Would you like them placed on your for skin-on-skin contact if possible?	
Who will cut the cords?	
Do you want to be told the sex by the midwife/consultant or for your birthing partner to see first and tell you?	
Would you like your birthing partner to be allowed to take photographs during labour?	
Are you happy for your babies to be given formula (with permission) following the birth or are you planning on exclusively breastfeeding?	
Would you like to bank or donate your babies' cord blood? (This is something you need to organise in advance of the birth.)	
What are your options for the third stage of labour i.e. the delivery of the placenta (s)?	

Find me on your favourite social media as TalesofaTwinMum