

Birth in Portugal – Birth plan template

BEFORE STARTING:

This document is a birth plan template designed to serve as an example. Before using it, draft your own preferences for your birth experience, then use this template to organize them if you find it helpful.

Many women who contact me express a desire for a natural birth. Consequently, this template includes examples that support those wishes. Each sentence is provided in both English and Portuguese, helping you understand their meaning and assisting with language support if these examples reflect your own wishes and preferences. **Your birth plan must be handed in in Portuguese** (when you are giving birth in Portugal).

As mentioned in [my eBook](#) - having a birth plan and expressing your wishes does not guarantee they will be followed (exactly). However, creating a birth plan is an important first step for you and can facilitate a dialogue between you and your medical professionals.

Beyond a birth plan, many factors contribute to a positive birth experience. These include informing yourself with evidence-based information, understanding the BRAIN (Benefits, Risks, Alternatives, Intuition, doing Nothing) approach, collaborating with a doula, among others.

Plano de parto e nascimento

NOTE: you can do a birth plan in your mother tongue at first, for yourself, but the one you share with the nurses/medical staff should be in Portuguese

BEFORE you start: this is an example only, birth preferences are personal and therefore vary greatly from woman to woman. Do modify/adapt according to your preferences. I added here in both english and portuguese just so you have examples in portuguese too..

add your personal data here

Mãe: name; age; blood type
Pai: name
Bebé: name
Data prevista de parto: dd/mm/yyyy
Nome acompanhante(s): name(s)
Nome obstetra: Dr. name

- Acompanhante durante o parto
- Obtenção do consentimento para a realização de procedimentos e administração de fármacos
- Respeitar os tempos de nascimento
- Contato pele com pele imediato
- Amamentação na 1ª hora de vida

Here a few examples, modify according to your preferences.

interpreter required/
intérprete necessário



Admissão e ambiente

here a few examples, modify according to your preferences:

- Acompanhante durante o parto/Companion during labor
- Luzes suaves/dimmed lights
- Obtaining consent for procedures to be performed/obtenção de consentimento para a realização de procedimento
- ...

Dilatação

here a few examples, modify according to your preferences:

- Epidural only on request/Epidural apenas a pedido
- Freedom of movement/Liberdade de movimentos
- Spontaneous onset of contractions/Início espontâneo de contrações
-

Expulsivo

here a few examples, modify according to your preferences:

- Freedom to choose the position for giving birth/Liberdade de escolha de posição para parir
- Episiotomy – only with consent and prior explanation of the reason/Episiotomia – apenas com consentimento e explicação prévia da razão
-

Dequitação/pós-parto imediato

here a few examples, modify according to your preferences:

- Delayed cutting of the umbilical cord, until it stops pulsating. To be performed by a health professional./Corte tardio do cordão umbilical, até parar de pulsar. A realizar por um profissional de saúde.
- Immediate and uninterrupted skin-to-skin contact with the mother during the first hour of life/Contacto pele com pele imediato e ininterrupto na 1ª hora de vida com a mãe
- Breastfeeding during the first hour of life/Amamentação na 1ª hora de vida
- ...

Cuidados ao recém-nascido

here a few examples, modify according to your preferences:

- Exclusive breastfeeding on demand/Aleitamento materno exclusivo sob livre demanda
- We do not offer bottles, pacifiers or silicone nipples/Não oferecemos mamadeiras, chupetas ou bicos de silicone
- All exams and procedures are performed in the presence of the mother or father/Todos os exames e procedimentos feitos na presença mãe ou pai
- ...

Se cesariana

here a few examples, modify according to your preferences:

- If possible, epidural anesthesia (not general)/Se possível, a
- Skin-to-skin contact as soon as possible after birth/Contacto pele com pele logo que possível após o nascimento
- Breastfeeding within the first hour of life/Amamentação na 1ª hora de vida
- ...

Plano de parto e nascimento

Mãe:

Pai:

Bebé:

Data prevista de parto:

Nome acompanhante(s):

Nome obstetra:

Admissão e ambiente

Dilatação

Expulsivo

Dequitação/pós-parto imediato

Cuidados ao recém-nascido

Se cesariana