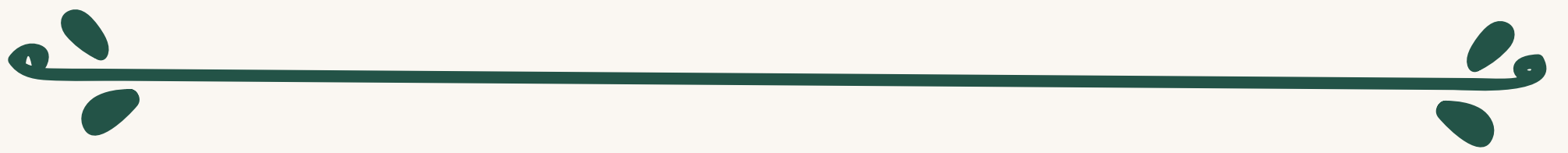


Dew of Heaven Doula

BOUNTIFUL

Birth Plan

A 4-STEP PLAN FOR A BEYOND
BLESSED BIRTH



By Hannah Marozik



PSALM 46:1-3

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.”

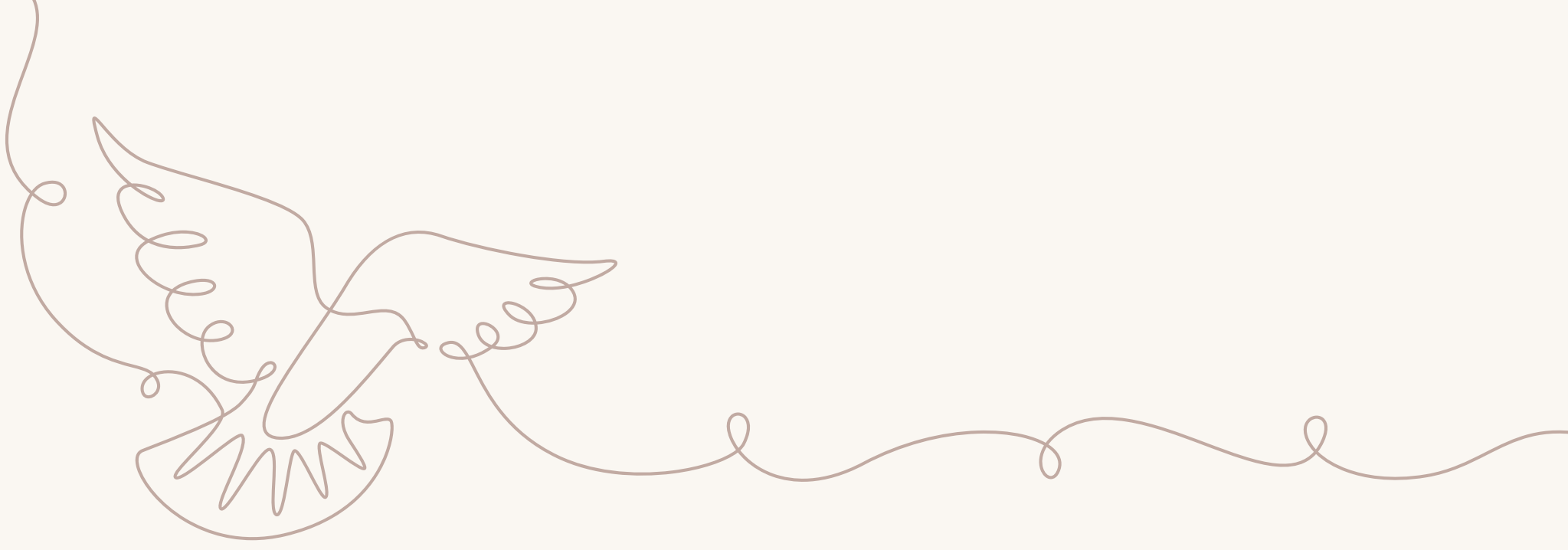
Welcome

My sweet friend,

This one is for you! Sit back, grab a cup of tea, your Bible, and relax! This unique birth plan is going to guide you through mindfulness towards a fearless birth!

Let go, & Let God

Hannah



1

DREAM

Where is your dream birth taking place?

Who's there with you?

No stress, fear, danger exists here

Notice your 5 senses

2

OUTLINE

What's your #1 most valuable detail?

What made you comfortable?

Where do you hold tension? Fears?

Let it go to grow!

3

EXPRESS

Write medical plan for Provider.

Pick and practice Mindfulness exercises

Work on practical decisions now to have full autonomy

Prayer and visualization

4

PROFESS

Share your goals and passion for birth with friends, family, provider to build your ideal support team!

Dream:

Visualize your dream birth: *Pretend there is no fear or danger here*

Where are you? Are you in the ocean? Are you at home near your fireplace? Are you with a loved one who is not physically near? Is Jesus there holding your hand? Include your 5 Senses—Smell, Touch, Taste, See, Hear. Who is with you? What time of day is it? What are you doing?

What is the weather like? Tell me about your idea of a perfect surrounding.

Outline:

Reflect on your dream birth:

What can you pinpoint as being the most meaningful detail? What are your priorities?

What brought you the most comfort? Water, partner, massage, light touch, no touch?

Where do you hold tension? Practice belly breathing to let go of the tension and breathe in scripture while breathing out the worry, anxiety, or fears.

Express:

Expressing your desires: Medical plan for your Midwife/ OB

Express your passion for a beautiful birth in a positive way. Try phrases like, "I would like to begin labor..." instead of, "I do not want..." but keep it short and sweet. Communication is key to avoid tension between you and your care provider and foster trust.

Practice: Belly breathing, partner breathing, prayer walking, stretching, visualization.

Profess:

Share with your support team:

Once your This is a good time to make a list of prayer requests for your birth. Some may not be as supportive as others. Don't feel discouraged! This is a positive step to seeing who will contribute to a positive birthing experience of your dreams! Pray for the Lord to show you what he has for you in *this birth*. *Stay Mindful and present!*

MEDICAL PLAN

Dear Team: Please help me accomplish the most natural birth possible. I understand birth is unpredictable and I am so thankful for having such a great support team on this sacred day!

EARLY LABOR

ACTIVE LABOR

TRANSITION/PUSHING

NEWBORN CARE