



BUILD YOUR Birthplace Plan

ONE DECISION AT A TIME



Be prepared. Get answers. Create a plan that feels right for you and your twins. ♥



APPOINTMENT DATE:



WEEKS PREGNANT:



NOTES FROM APPOINTMENT:



Use this checklist to walk through your Birthplace Plan with your OB or midwife.
There's no "perfect" plan—just the one that feels best for you and your babies.



1. LOCATION

Where will you give birth to your twins?

- ☐ Hospital
- ☐ Birth Center
- ☐ Home Birth
- ☐ Other: _____

NOTES / MY PLAN:



2. CARE PROVIDER

Who will be on your care team?

- ☐ OB / Maternal-Fetal Medicine (MFM)
- ☐ Certified Nurse Midwife (CNM)
- ☐ Doula
- ☐ Other: _____

NOTES / MY PLAN:



3. SUPPORT PEOPLE

Who do you want with you during labor and birth?

- ☐ Partner / Spouse
- ☐ Family Member(s)
- ☐ Friend(s)
- ☐ Doula
- ☐ Other: _____

NOTES / MY PLAN:



4. LABOR ENVIRONMENT

What kind of environment helps you feel safe and supported?

- ☐ Dim lights
- ☐ Quiet
- ☐ Music
- ☐ Essential oils / Aromatherapy
- ☐ Other: _____

NOTES / MY PLAN:



5. PAIN RELIEF OPTIONS

What are your preferences for pain management?

- ☐ No medication
- ☐ IV medication
- ☐ Nitrous oxide
- ☐ Epidural
- ☐ Other: _____

NOTES / MY PLAN:



6. DELIVERY PREFERENCES

What are your preferences for how your babies will be delivered?

- ☐ Vaginal birth if possible
- ☐ Planned C-section
- ☐ Open to whatever is safest
- ☐ Other: _____

NOTES / MY PLAN:



7. IMMEDIATE AFTER BIRTH

What's important to you right after your babies are born?

- ☐ Immediate skin-to-skin
- ☐ Delayed cord clamping
- ☐ Breastfeeding in the OR/room
- ☐ Other: _____

NOTES / MY PLAN:



8. FEEDING PLAN

What are your feeding goals for your twins?

- ☐ Breastfeeding
- ☐ Formula feeding
- ☐ Combo feeding
- ☐ Other: _____

NOTES / MY PLAN:



9. OTHER WISHES / NOTES

Anything else that's important for your birth experience?

NOTES / MY PLAN:



REMEMBER

Plans can change, and that's okay. Your power is in being informed, flexible, and surrounded by people who support you.



TWIN MOM CLUB TIP

Discuss your Birthplace Plan early and revisit it as your pregnancy progresses. Ask questions and speak up—your voice matters every step of the way.



You're doing amazing, Mama. ♥



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