

Values-Based Maternity Care Plan

This document is for you. It helps you think about what matters most to you during your pregnancy, birth, and the weeks after. Bring it to every appointment so your healthcare team can understand and support what's important to you.

You can fill this in on your own, with your support person, or together with your midwife or doctor — whatever works best for you.

About me

My name

My pronouns

My support person/s

My care team (GP, obstetrician, midwife, etc.)

Questions to ask at any appointment — BRAND

B Benefits	What are the benefits of this?
R Risks	What are the risks?
A Alternatives	What other options do I have?
N Now or nothing	Does this need to happen now?
D Decision	The final decision is mine

What matters to me

The options below may help you think about what is important to you. If you'd like, you can use the space below to share what matters most to you.

- | | |
|--|--|
| ☐ Feeling in control | ☐ Knowing my care providers |
| ☐ Having my decisions listened to and respected | ☐ Including my family in my care |
| ☐ Managing pain in a way that's right for me | ☐ Access to antenatal education |
| ☐ Including cultural or spiritual practices | ☐ Privacy and dignity at all times |
| ☐ Proactive discussions about my birth and labour | ☐ Developing a comprehensive birth plan |

In my own words, what matters to me is:

This is the appointment where your maternity care provider will take your full medical history — including previous medical conditions, surgeries, and past pregnancies — to understand your context and develop a tailored care plan for you.



You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.



Recommended tests due this visit

Blood group & antibody screen, blood count, urine test, infections in pregnancy (syphilis, HIV, Hep B, Hep C, Rubella).



Additional tests that may be offered

Iron levels, early diabetes testing, thyroid function, CMV & varicella antibodies, dating ultrasound, cervical screening, genetic screening, fetal DNA (for anti-D planning).

My medical history

What's important to me at this time

Questions for my healthcare provider

How I'm feeling today



1



2



3



4



5

Discussed with: _____ Date: _____



You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.



Recommended tests due this visit

Morphology ultrasound — a detailed check of your baby's development, position, the placenta and cervix.



Routinely offered vaccinations

Whooping cough vaccine (20–32 weeks), influenza vaccine (offered any time during pregnancy).

What's important to me at this time

Questions for my healthcare provider

How I'm feeling today



1



2



3



4



5

Discussed with: _____ Date: _____





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Recommended tests due this visit

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Routinely offered vaccinations

Whooping cough vaccine (20–32 weeks), influenza vaccine (offered any time during pregnancy).



Additional tests that may be offered

STI screening (chlamydia, gonorrhoea), iron stores, growth ultrasound (may be offered between 28–32 weeks).

What's important to me at this time

Questions for my healthcare provider

How I'm feeling today



1



2



3



4



5

Discussed with: _____ Date: _____



You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.



Common discussions at this visit

Labour signs, preparing for birth, preparing for baby, sleep quality, mental health, social and emotional wellbeing, antenatal expressing, breastfeeding and alternatives.

What's important to me at this time

Questions for my healthcare provider

How I'm feeling today


1

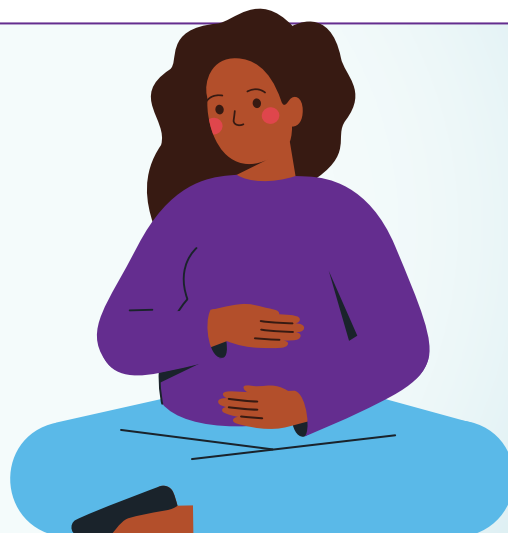

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3


4


5

Discussed with: _____ Date: _____





You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.

**Recommended tests due this visit**

Repeat blood counts and Group B streptococcus swab.

**Additional tests that may be offered**

Growth ultrasound (usually 32–36 weeks, based on risk factors identified by your clinician), iron stores.

What's important to me at this time**Questions for my healthcare provider****How I'm feeling today**

1



2



3



4



5

Discussed with: _____ Date: _____



You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.



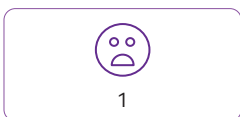
Common discussions at this visit

Induction of labour options if pregnancy continues past your due date, and checking your baby's wellbeing.

What's important to me at this time

Questions for my healthcare provider

How I'm feeling today



1



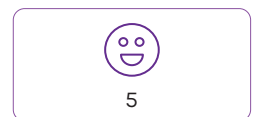
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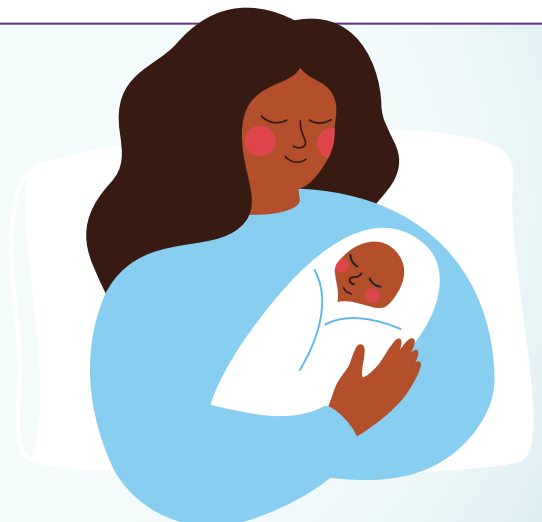


4



5

Discussed with: _____ Date: _____





You can discuss your birth, labour and postnatal preferences at every visit — raise anything on your mind with your midwife or doctor.



Common discussions at this visit

Monitoring baby's heartbeat, internal examinations, antibiotics if needed, assistance with the birth if required, and pain relief. Think about who you want with you and anything you'd like discussed before labour begins.

Who I want with me during labour

What's important to me during labour and birth

How I want people to communicate with me during labour

Consider: your preferred language, use of an interpreter, how you'd like information given while in pain or during procedures, and whether you'd like your support person to speak on your behalf.

Procedures or decisions I'd like to discuss beforehand

Questions for my healthcare provider

How I'm feeling today

1

2

3

4

5

Discussed with: _____ Date: _____

Immediately after the birth — minutes to hours

Skin-to-skin contact, time alone with your baby, how you plan to feed your baby, newborn vaccinations (Hepatitis B & Vitamin K), and having your partner or support person with you.

What's important to me in these first moments

Questions or requests

The first days after birth

Visiting arrangements for your partner and family, going home planning, and beginning to think about your mental health and emotional wellbeing care plan.

What's important to me in the first days

Questions or requests

Going home — first weeks to months after birth

Visiting arrangements for your partner and family, going home planning, and beginning to think about your mental health and emotional wellbeing care plan.

What's important to me as I settle home

Questions or requests

Discussed with: _____ Date: _____