

Emotional safety plan

You can add your words and pictures below to describe what you need to feel safe before, during and after birth

My needs

Baby's needs

My partner's needs



You can use words and pictures to complete your plan

Here are some suggestions for what you might want to include

What would make me feel:

 heard/listened to

 good

 happy

 sad

 tearful

 nervous

 panicky

 angry

What I prefer to be asked or said to me:

 please do

 please don't

Things I may want to consider:

 music

 food/drink

 movement

 meaningful objects

 pain relief

 sounds

 touch/no touch