

# Emotional safety plan

What I need to feel safe before, during and after birth

What I need to support me

What I need to prepare for

Words, items that will help me cope

External and professional support I can access



# 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