

EMOTIONAL SAFETY PLAN RESOURCE

FEELING SAFE BEFORE, DURING AND AFTER BIRTH

The Emotional Safety Plan is a tool for anyone preparing for the birth of a baby. You can record what you may need to feel listened to, including preferences about how you are spoken to, or how options and choices are explained, so you can process, recognise and manage your feelings to feel safe before, during and after birth.

The tool can be used by expectant mums, dads, co-parents, or non-birthing partners, individually or together, making support available to the whole family.

We know that it's a time when expectant parents can feel like they are on an emotional rollercoaster and we want to help you think about and share what you need to help you, especially if you've had difficult or traumatic experiences in the past, or on the way to becoming a parent.

It differs from a birth plan in that its focus is on how to keep yourself emotionally safe, including how the journey may evoke difficult feelings and how professionals can be supportive by their words and actions. This also includes being mindful of how the environment may also impact on how you are feeling, such as by thinking about the lighting or noise levels.

The three available Emotional Safety Plan templates will be available for you to choose a design of your choice, download and print it from the Baby Buddy app and The For Baby's Sake Trust website. You can fill it out as you choose, writing words or drawing symbols. Page 2 of the template has ideas and suggestions to help you think about what might be important to you.



You can record how you would like to be supported, including feeling heard, seen and having your needs met through the verbal and non-verbal communication by professionals (and others around you) before, during and after birth. It can also include information about the physical environment and any items that you do or do not want to be nearby.

The completed template can be kept separately or in your midwifery hand-held records to share with healthcare staff at antenatal appointments when you are in labour or in the post-natal period.

You can complete a joint one with your partner or complete individual ones. We know that it's important for both parents to feel supported to express how you are both feeling and ask for what you need to process, recognise, and manage your feelings. Supporting you in pregnancy means less stress on the baby in the womb, at birth and in the post-natal period.



For the templates and information on services and resources that can support you. Please visit our website www.forbabysake.org.uk