

d-day action plan



your pregnancy & birth



PHONE NUMBERS

CONTACT – MIDWIVES AT HOSPITAL

CONTACT – PARTNER

CONTACT – DRIVER

CONTACT – BABYSITTER IF NECESSARY

BACK-UP BIRTH PARTNER

BACK-UP DRIVER

TAXI COMPANY

AMBULANCE

Ensure you have:

- Your Labour and Hospital Bags (Check for camera and film and extra batteries)
- Route Map to Hospital (Including after hours entry point)
- Map of where to drop off your car.