

BIRTH PLAN MISTAKES TO AVOID

SIMPLE TRUTHS ABOUT WHY MOST BIRTH PLANS FAIL AND HOW TO PREPARE INSTEAD

Most birth plans do not fail because moms are unprepared. They fail because hospitals are systems. A paper alone cannot override staff philosophy, policies, or culture. Here are 5 common mistakes that leave families unprepared and how to approach them differently:

1. **Ignoring provider philosophy:** If your provider's approach does not match your values, no paper will change that. Alignment matters more than pages of preferences. Choose one whose philosophy aligns *before* labor.
2. **Clashing with policy:** Requests like "no IV" or "no monitoring" are often dismissed outright. Knowing what is negotiable and what is not helps you prepare smarter. Learn which policies are firm and which are negotiable.
3. **Not preparing for the unexpected:** Birth can shift quickly. A plan that assumes everything goes perfectly will leave you unprepared. Decide ahead of time how you want to handle scenarios like induction or cesarean.
4. **Relying only on paper:** A plan without a prepared support person often gets ignored. Equip your team to speak up and slow things down when needed.
5. **Treating it like a guarantee:** The true value of a plan is in the process. Writing one teaches you your options, clarifies your priorities, and prepares you to adapt. Knowledge, not paper, is your greatest tool. Focus on preparation, not perfection.

It is not the paper that makes the difference. It's your preparation and your team. The Why Birth Plans Fail + Companion Toolkit gives you editable templates, reflection worksheets, and advocacy scripts so your priorities are visible and your support knows exactly how to speak up.

[CLICK HERE TO GET THE
GUIDE](#)