

# Neurodivergent Birth Plan Template

## Sensory Needs

What helps me feel comfortable in terms of light, sound, touch, and smells:

## Communication Preferences

How I prefer to receive and express information during labor:

## Emotional Support

What helps me feel emotionally safe and respected:

## Environment & Movement

Preferred tools and freedom of movement that help me stay grounded:

## Additional Notes

Anything else I want my birth team to know: