
How Can I Best Support You?

There are a variety of ways that I will be able to support you during labor and birth. The following list includes many choices. Look over this list and check the items that sound interesting or helpful to you. If you are unsure of what some of these are we will discuss them in more detail during our prenatal visits. Think about other ways you like to relax when going through this list, and feel free to add more at the bottom of the page.

- Offer my birth partner suggestions and encouragement as needed _____
- Verbal reminders of my birth preferences when it gets tough _____
- Assist me when I need clarification when talking with medical staff _____
- Meet us at our home during early labor _____
- Meet us at our place of birth when at our request _____
- Suggestions of body positions and movement _____
- Creation of a calm, relaxing space at my place of birth _____
- Use of guided meditations _____
- Assistance with hypnosis verbal prompts and cues _____
- Massage or counter pressure for pain relief _____
- Assistance with breathing _____
- Use of a birth ball _____
- Aromatherapy – List favorite oils: _____
- Remind me to listen to hypnosis scripts or music _____
- Use of a focal point _____
- Use of water - bath and shower _____
- Cool applications (ie: ice or cool, wet washcloths) _____
- Heat applications (ie: thermopacks, heating pad) _____
- Take photos/video _____
- Record a time line for me to help me remember the day _____

Ways I like to relax: _____
