



What I'd like during labor

Although it is impossible to know in advance what you will need from me in labor, please tell me how you think I will be able to help you the most. You can always change your mind during labor.

Help with breathing and relaxation	Don't need	Need a little	Need a lot	Need Most
Massage/soothing touch	Don't need	Need a little	Need a lot	Need Most
Ideas for comfort and progress	Don't need	Need a little	Need a lot	Need Most
Help communicating with medical staff	Don't need	Need a little	Need a lot	Need Most
Support for your goals	Don't need	Need a little	Need a lot	Need Most
Remind you of your birth plan	Don't need	Need a little	Need a lot	Need Most
Help communicating with your family	Don't need	Need a little	Need a lot	Need Most
Take birth pictures (discreet/doesn't matter)	Don't need	May need	Want	
Videotape the birth (discreet/doesn't matter)	Don't need	May need	Want	
Other:	Don't need	Need a little	Need a lot	Need most

Which of the following, if any, have you found useful for relaxation in your day to day life:

Aromatherapy	Doesn't help	Helps a little	Helps a lot	Helps most
Meditation	Doesn't help	Helps a little	Helps a lot	Helps most
Visualization	Doesn't help	Helps a little	Helps a lot	Helps most
Prayer	Doesn't help	Helps a little	Helps a lot	Helps most
Massage	Doesn't help	Helps a little	Helps a lot	Helps most
Music	Doesn't help	Helps a little	Helps a lot	Helps most
Exercise	Doesn't help	Helps a little	Helps a lot	Helps most
Bath, shower, hot tub	Doesn't help	Helps a little	Helps a lot	Helps most
Other:	Doesn't help	Helps a little	Helps a lot	Helps most