

# My Birth Preferences

Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Due Date: \_\_\_\_\_

## Keep Moving, Baby!

Movement and position changes during labor help your baby get into the best possible position for birth. Many studies have found that using these two options may promote labor progress and decrease pain. (**Note:** Some of these options may not be available to you depending on your condition, with the use of certain procedures or with the use of pain medication/epidural.)

### Movement

- Walking
- Rocking
- Slow Dancing
- Lunging

### Position Changes

- Side-lying
- Sitting upright
- Kneeling—leaning forward
- Squatting
- Semi-reclining
- Standing

## Use Your Common Senses!

The use of one or more of your five senses during labor has been found to reduce the perception of pain and help with relaxation.

### See:

- Focal point
- Visual imagery
- Dimming of room lights

### Hear:

- Your favorite music\*
- Your partner's voice
- Nature sounds

### Feel:

- Effleurage (light stroking of skin or hair by partner)

### Taste:

- Ice chips
- Toothpaste/mouthwash\*
- Chapstick/lipstick\*

### Smell:

- Favorite lotion/fragrance\*
- Essential oils (lavender, jasmine or peppermint)

## Take a Deep Breath ...

Breathing techniques have been proven to help with relaxation, tension release and concentration during labor ... all of which can aid in the progress of labor.

Slow, deep breathing - often used early in labor

Modified-paced breathing - often used as labor speeds up

Patterned-paced breathing - a pattern, any pattern, of breaths that is useful in the time period right before birth

## Aaahhhh ..... Massage!

Massage helps to promote relaxation and relieve stress and, together, these have been shown to be factors in promoting labor progress, decreasing pain perception, and increasing a mother's ability to cope with labor.

### Massage:

- Hand
- Foot
- Lower Back
- Shoulders
- Counterpressure
- Without oil
- With unscented oil
- With essential oil:
  - Lavender
  - Jasmine

## Support Tools ...

- Birthing/labor ball
- Squatting bar
- Rocking chair
- Shower
- Rice sock\* - warmed
- Essential oils
- Massager
- Fan
- Tennis balls in sock\*
- Birth Companion** handbook\*

## Oh Baby!

- I would like for you to help me control the number of visitors in my room:
  - During labor
  - After our baby is born
- After the birth of our baby:
  - My partner would like to cut the cord.
  - After drying, I would like our baby put skin-to-skin on my chest for warmth and bonding.
  - We would like to be alone with our baby before accepting visitors.
  - I am going to breastfeed. Please do not give our baby formula or a pacifier.

\* Denotes items that you will need to bring with you - be sure to pack them in your bag!