

Labor Support Guide:

Use this guide to identify, discuss, and select options for labor support with your team.

What are your care goals?		What options can you try yourself?	What options can you try with your team?
ME	Support labor	<ul style="list-style-type: none"><input type="checkbox"/> Movement: Change positions, walk, or move<input type="checkbox"/> Breathing: Take deep breaths or use relaxation methods<input type="checkbox"/> Therapeutic Touch: Massage, stroking, or cuddling<input type="checkbox"/> Temperature: Apply heat or cold with water or packs<input type="checkbox"/> Environment: Use light, smells, or sounds to create a comfortable space<input type="checkbox"/> Drink: Have ice chips, water, juice, or other drink<input type="checkbox"/> Other:	<ul style="list-style-type: none"><input type="checkbox"/> Medication: Start or change medications for your pain<input type="checkbox"/> Deliver: Assist vaginal delivery or perform C-section
	Treat medical condition	<ul style="list-style-type: none"><input type="checkbox"/> Other:	<ul style="list-style-type: none"><input type="checkbox"/> Medications: Start or change medications for your condition
BABY	Manage wellbeing	<ul style="list-style-type: none"><input type="checkbox"/> Reposition: Lay on your side<input type="checkbox"/> Other:	<ul style="list-style-type: none"><input type="checkbox"/> Monitoring: Change monitoring method<input type="checkbox"/> Re-energize: Use IV for you<input type="checkbox"/> Medications: Change or stop medications for your contractions<input type="checkbox"/> Deliver: Assist vaginal delivery or perform C-section
	Promote progress	<ul style="list-style-type: none"><input type="checkbox"/> Movement: Change positions, walk, or move<input type="checkbox"/> Breathing: Take deep breaths or use relaxation methods<input type="checkbox"/> Tools: Use labor support tools, like a birth ball<input type="checkbox"/> Other:	<ul style="list-style-type: none"><input type="checkbox"/> Break Water: Use tools to break your water<input type="checkbox"/> Medication: Start or change medications for your contractions<input type="checkbox"/> Deliver: Assist vaginal delivery or perform C-section

TEAMBIRTH



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