



Thinking About Your Labour and Birth

Talking about topics on this list with your support people and health care provider throughout pregnancy can help you feel ready when labour begins.

Preferences:

Room environment: e.g. dim lighting, music, focal point:

Comfort measures: e.g. breathing, relaxation, massage, positioning, tub/shower, hot/cold packs:

Pain control medications: e.g. analgesics, nitrous oxide, epidural:

Medical interventions during labour:

Pushing and birth:

Most important issues:

Concerns or fears:

Other preferences & things to know about me:

Infant feeding:

Caring for baby after birth: