

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?

MOM

Support labor



- Movement:** Change positions, walk, or move
- Breathing:** Take deep breaths or use relaxation methods
- Therapeutic Touch:** Massage, stroking, or cuddling
- Temperature:** Apply heat or cold with water or packs
- Environment:** Use light, smells, or sounds to create a comfortable space
- Drink:** Have ice chips, water, juice, or other drink
- Other:** _____

- Medication:** Start or change medications for your pain
- Deliver:** Assist vaginal delivery or perform C-section

Treat medical condition



- Other:** _____

- Medications:** Start or change medications for your condition

BABY

Manage wellbeing



- Reposition:** Lay on your side
- Other:** _____

- Monitoring:** Change monitoring method
- Re-energize:** Use IV for you
- Medications:** Change or stop medications for your contractions
- Deliver:** Assist vaginal delivery or perform C-section

PROGRESS

Promote progress



- Movement:** Change positions, walk, or move
- Breathing:** Take deep breaths or use relaxation methods
- Tools:** Use labor support tools, like a birth ball
- Other:** _____

- Break Water:** Use tools to break your water
- Medication:** Start or change medications for your contractions
- Deliver:** Assist vaginal delivery or perform C-section