

4) When you're sick or tired out, describe what you do to take care of yourself and feel better? (Examples: comfort foods, drinks, soothing environment, etc.) When you have a headache, what do you do? (Examples: ignore it, drink water, have a snack, take a nap or a break, go for a walk, distract yourself with music, take a Tylenol, take a bath...) List some of your usual coping techniques here:

Do you think she (the expectant mom) finds these same things comforting, or what are her comforts?

5) Support: During labor, what kinds of things would you be most likely to try to help her feel better? (It may help to think of times she has been sick, in pain, scared, or stressed. What did you do then?)

Type of Encouragement:	Cheer her on! Say: You're doing a great job!	Reassure her. Say: It's hard, but you're doing great. It'll be OK.	Sympathize. Say: I'm so sorry this is so hard for you.
Type of Presence:	She'll probably just want to be left alone.	She'll probably want someone just be quiet and be with her	She'll probably want to be held, rocked, and talked to
Type of Attention	Distractions – help her forget I'm in labor!	Some distractions, some focus	Focus – she'll want us to be focused on what's going on.
Level of Humor:	Lots of humor / laughter will help her to cope.	She'll want to be calm, relaxed. Some humor OK.	It's important to her to be taken seriously
Level of Service:	She'll want me to get her anything she needs	She'll want someone there to help her do things	She may want someone to give her ideas to try
Type of Touch:	Firm Massage	Gentle stroking	Just touch her, don't massage, move or fidget.
Type of Eye Contact:	She copes best when her eyes are closed.	If she seems relaxed, let her keep doing what she's doing. If she's stressed, get her to change	Encourage her to keep her eyes open and focus on me.

6) Pain Medication Preference. What do you WISH was mom's preference for pain meds in *her* labor?



Why do you wish that? (Examples: "I don't want her to have medications because I'm worried about the side effects." Or "I want her to have medication right away – I hate the idea of her being in pain.")

After you both complete your forms, discuss. Where were your answers the same? Different? Since she is the one who will be laboring, what do you need to understand about her goals before labor begins? Can you do a good job of meeting her needs or would it help to bring in another support person to help?