

birth checklist

COMFORT IN EARLY LABOR

- Walk
 - Rest
 - Eat
 - Hydrate
 - Bath/Shower
 - Yoga/Meditate/Prayer
 - Cuddle
 - Watch a Movie
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COMFORT IN ACTIVE LABOR

- Massage
 - Slow Dance
 - Heat
 - Nitrous Oxide
 - Robozo
 - Cuddle
 - Counter Pressure
 - Breathing Techniques
 - Cool Compress
 - Shower/Bath
 - Visualizations
 - Affirmations
 - Epidural
 - IV Medication
 - Walk
 - Music
 - Lighting
 - Prayer
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DELIVERY

- Intuitive Pushing
 - Touch Baby's Head
 - Mirror While Pushing
 - Catch Baby
 - Coached Pushing
 - Mineral Oil
 - Intuitive Positioning
 - Delayed Cord Clamping
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INTERVENTIONS

- Cervical Exams
- Pitocin
- Forceps/Vacuum
- Membrane Sweeps
- AROM
- Cesarean
- IV Fluids
- Episiotomy
- Internal Fetal Monitoring