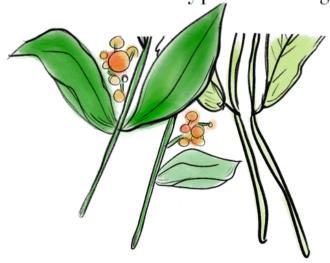
## BIRTH ROADMAP



## MOTHER BIRTH

Doula & HypnoBirthing



## **BIRTH PREFERENCES**

COMFORT MEASURES IN EARLY LABOR			
MASSAGE DRAW	WALK MEDITATE		
SLOW DANCE BREATHING TEC	HNIQUES MUSIC CUDDLE		
COMFORT MEASURES IN ACTIVE LABO	R		
MASSAGE COUNTER PRES	SURE WALK MEDITATE		
SLOW DANCE BREATHING TE	CHNIQUES MUSIC CUDDLE		
HEAT COOL COMPRES	SS IV MEDICATION EPIDURAL		
☐ NITROUS OXIDE ☐ SHOWER/TUB	LIGHTING AFFIRMATIONS	S	
ROBOZO VISUALIZATION	S OTHER:		
POSITIONS			
LAYING DOWN SIDE LYING	SQUAT BAR POLAR BEAR		
HAND AND KNEES SITTING UPRIG	HT SQUATTING ASSISTED SQUA	ΑT	
DELIVERY			
DELIVERY  INTUITIVE PUSHING BREATHING BA	ABY DOWN COUNTING WHILE PUSHING		
_	ABY DOWN COUNTING WHILE PUSHING MIRROR WHILE PUSHING		
☐ INTUITIVE PUSHING ☐ BREATHING BAREATHING	MIRROR WHILE PUSHING		
☐ INTUITIVE PUSHING ☐ BREATHING BAREATHING	MIRROR WHILE PUSHING		
☐ INTUITIVE PUSHING ☐ BREATHING BAREATHING	MIRROR WHILE PUSHING		
☐ INTUITIVE PUSHING ☐ BREATHING BAREATHING	MIRROR WHILE PUSHING		
☐ INTUITIVE PUSHING ☐ BREATHING BAD ☐ MINERAL OIL ☐ DELAYED CORD ☐ KEEP PLACEN CALMPING	MIRROR WHILE PUSHING  TA WARM COMPRESS		
INTUITIVE PUSHING BREATHING BATTOUCH BABYS HEAD MINERAL OIL DELAYED CORD KEEP PLACEN CALMPING  INTERVENTIONS	MIRROR WHILE PUSHING  TA WARM COMPRESS  EP IV FLUIDS INDUCTION		
INTUITIVE PUSHING BREATHING BATTOUCH BABYS HEAD MINERAL OIL DELAYED CORD KEEP PLACEN CALMPING  INTERVENTIONS CERVICAL EXAM MEMBRANE SWE	MIRROR WHILE PUSHING  TA WARM COMPRESS  EP IV FLUIDS INDUCTION		
INTUITIVE PUSHING BREATHING BATTOUCH BABYS HEAD MINERAL OIL DELAYED CORD KEEP PLACEN CALMPING  INTERVENTIONS CERVICAL EXAM MEMBRANE SWEE PITOCIN AROM (RUPTURE OF ME	MIRROR WHILE PUSHING  TA WARM COMPRESS  EP IV FLUIDS INDUCTION  EMBRANES) EPISIOTOMY VACUUM		
INTUITIVE PUSHING BREATHING BATTOUCH BABYS HEAD MINERAL OIL DELAYED CORD KEEP PLACEN CALMPING  INTERVENTIONS CERVICAL EXAM MEMBRANE SWEE PITOCIN AROM (RUPTURE OF ME	MIRROR WHILE PUSHING  TA WARM COMPRESS  EP IV FLUIDS INDUCTION  EMBRANES) EPISIOTOMY VACUUM		
INTUITIVE PUSHING BREATHING BATTOUCH BABYS HEAD MINERAL OIL DELAYED CORD KEEP PLACEN CALMPING  INTERVENTIONS CERVICAL EXAM MEMBRANE SWEE PITOCIN AROM (RUPTURE OF ME	MIRROR WHILE PUSHING  TA WARM COMPRESS  EP IV FLUIDS INDUCTION  EMBRANES) EPISIOTOMY VACUUM  EPIDURAL MONITORING		

www.motherbirth.net

## Example of Birth Preferences to Provide to Care Provider

NAME & PHONE #

HUSBAND/PARTNER: NAME & PHONE #

DOULA: NAME & PHONE #

Summary: Prefer to have a **vaginal birth**, in all cases, unless if it is medically necessary.

Labor & Delivery	Environment & Comfort Measure	Postpartum Care
First Stage  • Spontaneous onset of labor (no pitocin/induction)  • • • • Second Stage • • • • • • • • *If cesarean is medically	Preference to have:  Lights dimmed  Comfort Measures  Changing positions  Breathing techniques	
necessary  • • • • • • •		