



## Preparation for labour

### The 1, 2, 3, 4 and 5 Self Assessment!

(Suggestions for answers on page 2)

ONE: The number **ONE** important job to do with breathing in labour

Mom: \_\_\_\_\_

Dad/Partner: \_\_\_\_\_

TWO: The **TWO** most important things about massage

Dad/Partner 1: \_\_\_\_\_ 2: \_\_\_\_\_

Mom: 1: \_\_\_\_\_ 2: \_\_\_\_\_

THREE: The **THREE** easy things I can do to help myself in labour

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

FOUR: What **FOUR** important things did you do today? (whatever **you** consider important)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

\*\*\* What else was happening with you as you were going about your day?

\_\_\_\_\_  
\_\_\_\_\_

FIVE: What **FIVE** suggestions for Comfort Measures am I going to practice because **I** think they will be the most helpful for me in labour?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## Suggestions for answers

ONE:

**Mom** – Breath/body connection, how does your body feel while you are focusing on your breathing? Are you tense anywhere?

**Dad/Partner** – Helping her to exhale, If you can keep her exhaling, then the inhale will take care of itself. You are helping her to focus on her breathing, good for you!

TWO:

**Dad/Partner** – TEMPO and PRESSURE

**Mom** – Tell your partner if the massage is working for you, and if you need any changes

THREE:

Keep hydrated, before and during

Keep your energy up by eating small amounts

Rest, rest, and rest again!

FOUR:

Whatever 4 things YOU felt were important, but the second part is that \*\*\* you have been feeding, growing and nurturing all day. No one has had to stand beside you and tell you that “today you will grow eyebrows on your baby” or “today you will grow finger and toenails for your baby”. Your body knows what to do – JUST like it will know what to do during labour!

FIVE:

Have you pondered and practiced? You owe it to yourself to prepare for the best labour experience possible, so do yourself a favour and practice. It'll be worth every bit of effort you give to it!

