

# Beliefs About Birth – Mother’s Questions

## What are your beliefs about the importance/impact of the birth experience?

- The birth experience is very important and can have lifelong effects on mom, baby, and the whole family. Everything should be done to make it a positive experience.
- The birth experience is a special time for the family, but it’s OK if things don’t go as expected. Moms and babies are strong and will bounce back just fine.
- The birth experience is just a means to an end... just one day in our life.
- Other:

## How painful do you think labour is?

Rate on a scale of 1 to 10, where **1** = Painless to **10** = Unbearable

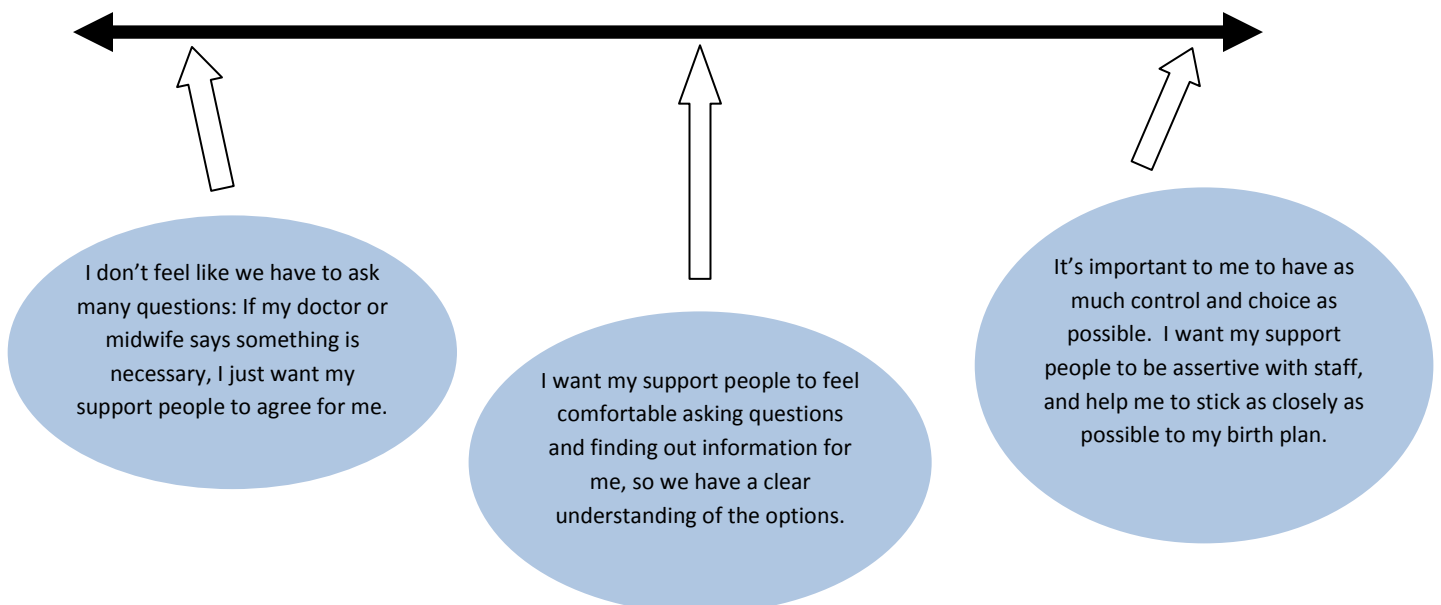
\_\_\_\_\_

## What is your preference for pain medication?

Rate on a scale of 1 to 10, where **1** = I do not want drugs no matter how hard labour is, to **10** = I want medication as soon as labour begins

\_\_\_\_\_

**During labour, when you are focusing on contractions, your support people may be the ones who talk to the medical staff about your birth preferences and your choices. Where are YOU on this continuum?**



Think of times when you have been sick, in pain, scared, or stressed out. Of the things listed below, circle the things that would be most helpful to you or that would feel the most supportive.

Cheering me on: You're doing a great job!	Saying: I'm so sorry this is so hard for you	Saying: It's hard right now, but it's going to be ok
Just being left alone	Having someone to just be quiet and be there with me	Being held and rocked
Distractions	Some distractions, some focus on what's going on	Focusing on what is going on
Humour and laughter	Reassurance and calming	Being taken seriously
Having someone to get for me the things I need	Having someone there to help me do things	Having someone to give me new ideas for what to try
Firm massage	Gentle stroking	Just having a hand touch me, without moving

### Your body's ability to give birth: Which one of these is closest to how you feel?

- I feel a lot of anxiety about my body's ability to give birth and my ability to cope with the whole labour process
- I'm nervous because it's a new thing for me, but I think that the labour and birth will work out OK
- I believe that women's bodies were meant to give birth and I have confidence in my body's ability to do this
- Other:

**After you have completed all these questions, share your answers with your support people. Talk together about where your responses are similar, where they are different, and how you can work together most effectively.**

## Beliefs About Birth – Support Person’s Questions

### What are your beliefs about the importance/impact of the birth experience?

- The birth experience is very important and can have lifelong effects on mom, baby, and the whole family. Everything should be done to make it a positive experience.
- The birth experience is a special time for the family, but it’s OK if things don’t go as expected. Moms and babies are strong and will bounce back just fine.
- The birth experience is just a means to an end... just one day in our life.
- Other:

### How painful do you think labour is?

Rate on a scale of 1 to 10, where **1** = Painless to **10** = Unbearable

\_\_\_\_\_

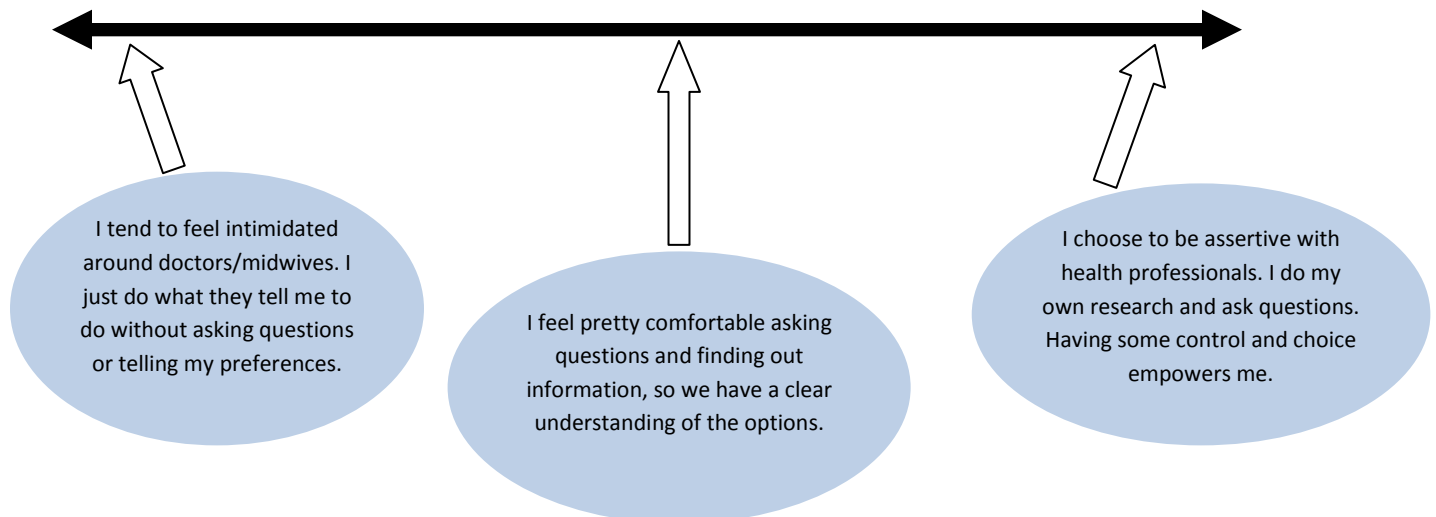
### What do you hope is mom’s preference for pain medication?

Rate on a scale of 1 to 10, where **1** = I really don’t want her to have medication, no matter how hard labour is, to **10** = I want her to have medication as soon as labour begins... I hate the idea of her being in pain.

\_\_\_\_\_

**During labour, mom may need to focus on contractions, and may rely on her support people to interact with the medical staff and help her get information to make the best possible decisions.**

**Where are YOU on this continuum?**



Imagine mom was sick, in pain, scared, or stressed out. Of the things listed below, circle the things that you would feel most comfortable doing to help her feel better.

Cheering her on: You're doing a great job!	Saying: I'm so sorry this is so hard for you	Saying: It's hard right now, but it's going to be ok
Leaving her alone to give her the space to cope with it	Just sitting quietly with her	Holding her and rocking her
Distractions- giving her something else to think about	Some distractions, some focus on what's going on	Help her to focus on what is going on
Joking, making her laugh	Reassuring and calming her	Taking her feelings seriously
Getting anything she needs	Helping her do things	Giving her new ideas
Firm massage	Gentle stroking	Just touching her, not moving

**Her body's ability to give birth: Which one of these is closest to how you feel?**

- I feel a lot of anxiety about her body's ability to give birth and her ability to cope with the whole labour process
- I'm nervous because it's a new thing for us, but I think that the labour and birth will work out OK
- I believe that women's bodies were meant to give birth and I have confidence in her body's ability to do this
- Other:

**After you have completed all these questions, share your answers with your partner. Talk together about where your responses are similar, where they are different, and how you can work together most effectively.**