



You're Having a Baby

Your Experience of Active Labor and Birth

During labor, fill out as much of this work sheet as is convenient. Then write in more notes in the days after the birth, while your memories are still fresh.

Deciding to go to the hospital or birth center, or calling the midwife to come:

How did you know it was time? How was the trip? _____

Arriving at the birthplace or your midwife's arrival

What was the news on arrival? _____

Active Labor (*Pregnancy, Childbirth, and the Newborn* [PCN] pages 248-54, *The Simple Guide to Having a Baby* [SG] pages 89-96)

What was it like? How did you cope? What happened? _____

Birth (Pushing or Cesarean) (PCN 258-65, SG 98-101)

What was it like? How did you feel? What happened? _____

Birth Date: _____ **Time of Birth:** _____

Baby's Name: _____ **Weight:** _____ **Length:** _____

