



# PREPARING FOR CHILDBIRTH

**Labor Record**  
Date: \_\_\_\_\_

**Contractions:**

Time Start time	Duration How many seconds long?	Interval or Frequency How many minutes since the beginning of the last one?	Comments Intensity of contractions, food eaten, breathing level, blood show, status of bag of waters, other events.

## Comfort In Labor

**During Contraction:**

- Mother
- Comfortable position
- Cleansing breath
- Focus/Visualize
- Breathe/Relax/Release tension
- Cleansing breath

- Partner(s)
- Respectful silence/quiet
- Encouragement
- Undivided attention/Patience
- Comfort measures

**Between Contractions:**

- Mother
- Rest/Relax/Refocus
- Change positions
- Drink/Bathroom
- Comfort measures

- Partner(s)
- Monitor environment
- Observe/anticipate needs
- Encouragement/Compliments/
- Expressions of love
- Comfort measures