

Pre-Labor Conversations



- Have you selected a delivery location?
 - Have you ever been to that location and seen the labor and delivery area?
- How do you feel about pain management versus natural child birth?
- What coping skills have you used in the past when faced with something painful or frightening?
 - Is there someone or something that you are aware of that may help you strengthen or build these skills?
- How important is it for you to know what to expect during labor and delivery?
 - How can you learn what you want to know?
- What's role do you hope for your partner, family, and/or friends, to play in your labor and delivery?
- Are there any family or cultural traditions you want to honor?
- Are you comfortable with your care providers, hospital or birth center?
 - If not, do you have ideas of what might improve this?