

CHAPTER 11: LABOR PAIN AND OPTIONS FOR PAIN RELIEF

Understanding Your Coping Style

Mother-to-be: This work sheet will help you think about your normal responses to physical and emotional challenges, as well as possible reactions to unknown situations. This will guide you in predicting what could be helpful to you in labor.

Ask yourself:

When you're sick, what makes you feel better? _____

What did your family do for you when you were sick as a child? _____

What did you like them to do? _____
What did you wish they had done for you? _____

When you feel too tired to go on, how do you find more energy? _____

When you're scared of what's to come, where do you find the courage to move forward? _____

What are some objects that symbolize safety and comfort to you? (Plan to bring these to the birthplace with you!) _____

Father/support people:

You may also find labor challenging. In order to provide the best support to the mother, ask yourself the following questions:

When you're exhausted (mentally, physically, emotionally), where do you find energy? _____

When you're scared, how do you find the courage to move forward? _____

When you feel helpless or out of control, how do you react? _____

What are some things you could bring to the birthplace to increase your sense of calmness and competence? _____

Who can you call for support, if needed? _____
