Labor Support Guide

Use this guide to identify, discuss, and select options for labor support with your team.

	Care Goals	What options can you try yourself?	What options can you try with your team?
Labor Progress	**Promote Progress**	❑ **Movement:** Change positions, walk, or move ❑ **Breathing:** Take deep breaths or use relaxation methods ❑ **Tools:** Use labor support tools, like a birth ball ❑ **Other:** Ask your team for more possible options	❑ **Break Water** ❑ **Medications (e.g. Pitocin):** Start or change medications for your contractions ❑ **Deliver:** Assist vaginal delivery or perform C-section
Baby	**Manage Wellbeing**	❑ **Reposition:** Lay on your side ❑ **Other:**	❑ **Monitoring:** Change monitoring method ❑ **Fluids:** Use IV for you ❑ **Medications:** Change or stop medications for your contractions ❑ **Deliver:** Assist vaginal delivery or perform C-section
Me	**Support Me**	❑ **Movement:** Change positions, walk, or move ❑ **Breathing:** Take deep breaths or use relaxation methods ❑ **Therapeutic Touch:** Massage, stroking, or cuddling ❑ **Temperature:** Apply heat or cold with wash clothes or packs ❑ **Environment:** Use light, smells, or sounds to create a comfortable space ❑ **Drink:** Have ice chips, water, juice, or other drink ❑ **Other:**	❑ **Medications:** Start or change medications for your pain ❑ **Deliver:** Assist vaginal delivery or perform C-section
	Treat Medical Condition	❑ **Other:**	❑ **Medications:** Start or change medications for your condition

© 2024 Ariadne Labs: A Joint Center for Health Systems Innovation between Brigham and Women's Hospital and the Harvard T.H. Chan School of Public Health. Licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. http://creativecommons.org/licenses/by-nc-sa/4.0/