Hospital or Home?

Discuss the best next steps with your support person, your nurse, and your provider based on how you are doing, how your baby is doing, and how your labor is progressing.

If you are in **Early labor***		If you are in **Active labor***	**Discuss with your team**
↓ OR ↓		↓	How am **I** doing? How is my **baby** doing? How is my **labor** going?
You may benefit from: **Being comfortable** **Being in control of your environment**	You may benefit from: **Moving and walking around** **Being close to the hospital**	You may benefit from: **Monitoring in the hospital** **Clinical care**	What are the **benefits and risks** of each option?
↓	↓	↓	What can I do to be **more comfortable**? Where can I go **nearby** the hospital if I need to wait? What are my options for **labor support**?
			
Home	**Near the hospital**	**Labor and Delivery**	

* The American College of Obstetricians and Gynecologists (ACOG) defines labor as "contractions that result in cervical change. Active labor typically begins at 4-6cm with accelerated cervical dilation."

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