



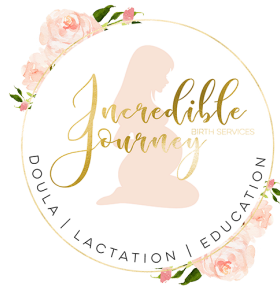
# What Is Important To Have During Your Labor and Birth?

|  | Unimportant |   | Moderately important |   | Very important |
|--|-------------|---|----------------------|---|----------------|
| Feeling loved and supported                              | 1           | 2 | 3                    | 4 | 5              |
| Feeling that my wishes are respected                     | 1           | 2 | 3                    | 4 | 5              |
| Feeling in control of my labor                           | 1           | 2 | 3                    | 4 | 5              |
| Feeling clear-headed and alert during labor              | 1           | 2 | 3                    | 4 | 5              |
| Having the active involvement of my partner              | 1           | 2 | 3                    | 4 | 5              |
| Approaching birth as a spiritual experience              | 1           | 2 | 3                    | 4 | 5              |
| Allowing labor to begin naturally                        | 1           | 2 | 3                    | 4 | 5              |
| Avoiding medical interventions                           | 1           | 2 | 3                    | 4 | 5              |
| Knowing that medical intervention is available if needed | 1           | 2 | 3                    | 4 | 5              |
| Feeling minimal pain                                     | 1           | 2 | 3                    | 4 | 5              |
| Laboring without medication                              | 1           | 2 | 3                    | 4 | 5              |



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|  |   |   |   |   |   |
|--|---|---|---|---|---|
| Using specific learned techniques for relaxation | 1 | 2 | 3 | 4 | 5 |
| Being physically active and mobile               | 1 | 2 | 3 | 4 | 5 |
| Spending early labor at home                     | 1 | 2 | 3 | 4 | 5 |
| Protecting my modesty and privacy                | 1 | 2 | 3 | 4 | 5 |
| Allowing labor to unfold in its own time         | 1 | 2 | 3 | 4 | 5 |
| Letting my instincts guide me                    | 1 | 2 | 3 | 4 | 5 |
| Being coached through labor and birth            | 1 | 2 | 3 | 4 | 5 |
| Experiencing the sensations of birth             | 1 | 2 | 3 | 4 | 5 |
| Pushing according to my own urges                | 1 | 2 | 3 | 4 | 5 |
| Seeing or touching my baby's head as it crowns   | 1 | 2 | 3 | 4 | 5 |
| Bonding with my baby immediately after birth     | 1 | 2 | 3 | 4 | 5 |
| Other _____                                      | 1 | 2 | 3 | 4 | 5 |
| Other _____                                      | 1 | 2 | 3 | 4 | 5 |



# What Is Important To Have During Your Labor and Birth?

Other \_\_\_\_\_

1

2

3

4

5