

Pain Management Pie

You (or your partner) will have many tools to help you (her) cope with pain during labor and birth such as:

- Movement such as walking and slow-dancing
- Rhythmic movements such as swaying, rocking, bouncing on ball
- Frequent changes of position
- Use of water such as tub bath/Jacuzzi or shower
- Encouragement and support from your partner
- Encouragement and support from your doula
- Encouragement and support from your nurse
- Encouragement and support from your physician/midwife
- Vocalizations (chanting, moaning, counting, etc.)
- Conditioned relaxation (consciously relaxing each muscle group)
- Other: _____

- Upright positions
- Using a rocking chair
- Using a birth ball
- Touch and massage
- Focal point
- Visual imagery
- Breathing strategies
- Use of heat and/or cold
- Music
- Aromatherapy
- Analgesia (injection to take “edge” off pain)
- Epidural anesthesia

Please choose the techniques (feel free to add your own!) that you think will be most helpful to you (or to her) and divide the circle into “pie slices” indicating the relative importance of each technique that you have chosen.

