

Beliefs About Labor Pain, How She'll Cope, and How You'll Help

1) In general, how well do you think that YOU cope with pain, illness, and physical challenges? Think of a word that best describes how you cope. Circle one of these or pick you own:

Wimp, Coward, Whiner, Barely Coping, Capable, Stoic, Tough, Unbeatable. Other _____

Do you think you tend to judge people who cope differently than you? Yes No Sometimes

2) When you have a headache, which of these are you most likely to do to cope with it?

- | | |
|---------------------------------------|--|
| Ignore It and Keep Working | Drink Some Water or Have a Snack |
| Distract Yourself with TV or Music | Take a Nap (Or at least take a break) |
| Go for a Walk or Do Something Active | Use Heating Pad or Massage to Relax Muscles |
| Take a Tylenol if nothing else helped | Take a Tylenol at the First Sign of a Headache |
| Take a Long Hot Bath | Other: |

3) When you're sick, describe what you do to take care of yourself and feel better? Think about comfort foods, drinks, soothing environment, etc.

Do you think she (expectant mom) finds these same things comforting, or what are her comforts?

4) What will labor be like? Circle 5 words that best represent your expectations about labor.

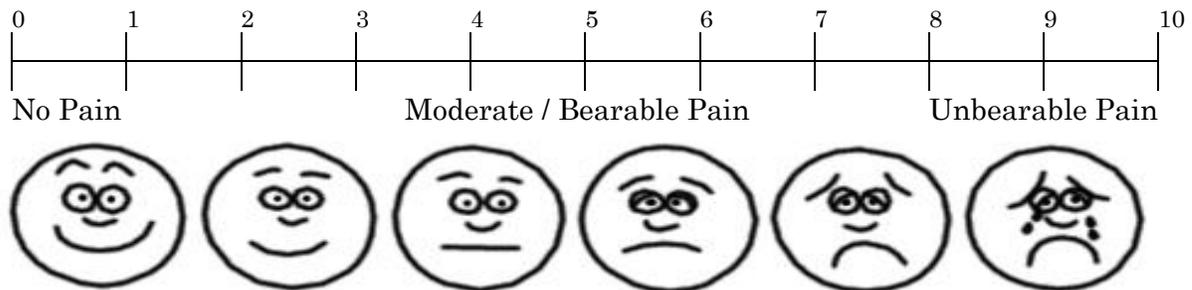
Terrifying		Life Changing	Life Threatening	Exciting
	agony	MANAGEABLE		Happy
<i>Sweet</i>		Peaceful	Messy	<i>Challenging</i>
empowering		A learning experience		TORTURE
	Roller Coaster	LONELY	Nurturing	
Joyous		<i>Beautiful</i>		Painful!
	Wonderful	Altered State	Joyful	
	Scary	Out of Control	Calm	<i>Suffering</i>
	Intense!		More than I can handle	
Exhausting			Natural	
		Medical		Holding your Breath
	Lots of bodily fluids		Full of love	
OVERWHELMING		<i>Unknown</i>	Physical	Confidence-Building
	Normal		OW!	<i>Moving. Swaying. Flowing.</i>
Hard Work		Suffering		Crisis
	Best experience of my life....	Worst experience of my life		Fun!

5) Support: During labor, what kinds of things do you think you would be most likely to try to help her feel better?

(It may help to think of times she has been sick, in pain, scared, or stressed. What helped then?)

Type of Encouragement:	Cheer her on! Say: You're doing a great job!	Reassure her. Say: It's hard, but you're doing great. It'll be OK.	Sympathize. Say: I'm so sorry this is so hard for you.
Type of Presence:	She'll probably just want to be left alone.	She'll probably want someone just be quiet and be with her	She'll probably want to be held, rocked, and talked to
Type of Attention	Distractions – help her forget I'm in labor!	Some distractions, some focus	Focus – she'll want us to be focused on what's going on.
Level of Humor:	Lots of humor / laughter will help her to cope.	She'll want to be calm, relaxed. Some humor OK.	It's important to her to be taken seriously
Level of Service:	She'll want me to get her anything she needs	She'll want someone there to help her do things	She may want someone to give her ideas to try
Type of Touch:	Firm Massage	Gentle stroking	Just touch her, don't massage, move or fidget.
Type of Eye Contact:	She copes best when her eyes are closed.	If she seems relaxed, let her keep doing what she's doing. If she's stressed, get her to change	Encourage her to keep her eyes open and focus on me.

6) How painful do you think labor will be? Rate on a scale of 0 = No Pain to 10 = Unbearable



7) Which one of these statements comes closest to your beliefs about labor pain medication?

- I believe everyone in labor should use pain medication; it is foolish for women to suffer when we have perfectly safe drugs to alleviate pain.
- I believe pain medication should be available to anyone with no guilt trip about taking it. It should be the mother's choice to experience birth however she wishes.
- It's good that pain medications are available for women with long, difficult labors; however, unmedicated birth is healthier and better for most women and babies.
- Birth is a peak life experience not to be missed. Pain medication should be avoided because it carries potentially major risks, and can interfere with bonding.
- Other:

8) On a scale of 0 – 10, what do you WISH was mom's preference for pain medication in *her* labor? (0 = "I really don't want her to have any pain medications no matter how hard labor is. (Maybe because you're worried about side effects.)" to 10 = "I want her to have medication right away, because I hate the idea of her being in pain". _____)

