



Early phase of birthing	Established phase of birthing	The birth itself	After baby is born
Stay at home	Checking into hospital/ birthing unit	Birthing positions	Skin to skin with partner also
What will i snack on? / Drink enough water	Monitoring during birthing	Skin to skin	Vitamin K
Keep moving	Comfort measures	Feeding choice	Ask midwife to take first family picture
Comfort measures i.e. bath, TENS, paracetamol, walking, birthing ball	Keep UFO even if continuous fetal monitoring is required	Delayed cord clamping	Communicating with family
Movies I might watch	Snacks for established phase of birthing	Cutting the cord	
Music			
Aromatherapy			
Massage			
Affirmations			