

## **Prenatal Visits**

- 1) Review of your personal and medical history packet
  - Pain medication and intervention preferences
  - Unique or specific requests for your doula
  - Partner's role, needs, and desires for involvement
  - Check in on nutrition
  - Cesarean birth with a doula
  - Beginning your birth plan
  - Beginning to address fears
- 2) Check in on pregnancy progress, symptoms, and emotions
  - Check in on how your visits with your care provider have been going
  - Discuss the physiology of labor and birth, and what to expect
  - Birthing time tools: Aromatherapy, TENS, Rebozo, Miles Circuit, etc.
  - Revisit and refine birth plan
  - Continuing to work through fears
- 3) Check in on new developments
  - Getting your body ready, including spinning babies options for before and during labor
  - How and when to contact Becky and/or her back-up if needed
  - Role and limits of the doula/back-up
  - Directions to your house/the hospital/the birth center, including parking details
  - Going to the hospital or birth center: how to prep and when to go
  - Reviewing and finalizing a final draft of your birth plan
  - Breastfeeding, recovery, and planning to have a newborn around
  - Address any lingering fears
  - Practice labor positions and helpful techniques

**Questions - always time for questions at each visit**