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Topics Covered During Prenatal Visits

1. Desires for your doula
 - Partner's role/needs/desires for involvement
 - Nutrition
 - Physiology of labor and birth/What to expect
 - Birthing time tools: Aromatherapy, TENS, Rebozo, Miles Circuit, etc.
 - Pain medication preferences
 - Desire/confidence for a vaginal birth
 - Cesarean birth
 - Beginning your birth plan
 - Questions
2. Getting your body ready, including spinning babies options
 - How/when to contact Becky
 - 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 your birth plan
 - Breastfeeding
 - Recovery
 - Working through fears
 - Practice coping techniques and positions for labor and birth
 - Questions