

## **Prenatal Visit Topics**

Check in on pregnancy progress, symptoms, emotions, visits with your care provider

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 and hydration

Begin discussion of the physiology of labor and birth, and what to expect

Cesarean birth with a doula

Beginning to address fears

Beginning your birth plan, if you aren't taking HypnoBirthing, as this will be covered in class

Getting your body ready, including spinning babies options for before and during labor

Birthing time tools: Aromatherapy, TENS, Rebozo, Miles Circuit, etc.

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

## **Postpartum Visit Topics**

Check in about how everything has been going

Breastfeeding support

Pumping suggestions

Bottle feeding tips

Sleep ideas

Recovery check in and tips

Mood check in and helpful ideas

Discuss your feelings about the birth

Discuss the birth in depth if you'd like

Babywearing introduction

Questions