



What Is Important For You To Have During Your Labor and Birth?

	Unimportant		Moderately important		Very important
Feeling loved and supported	1		2		3
Feeling that my wishes are respected	1		2		3
Feeling in control of my labor	1		2		3
Feeling clear-headed and alert during labor	1		2		3
Having the active involvement of my partner	1		2		3
Approaching birth as a spiritual experience	1		2		3
Allowing labor to begin naturally	1		2		3
Avoiding medical interventions	1		2		3
Knowing that medical intervention is available if needed	1		2		3
Feeling minimal pain	1		2		3
Laboring without medication	1		2		3
Using specific learned techniques for relaxation	1		2		3
Being physically active and mobile	1		2		3
Spending early labor at home	1		2		3
Protecting my modesty and privacy	1		2		3
Allowing labor to unfold in its own time	1		2		3
Letting my instincts guide me	1		2		3
Being coached through labor and birth	1		2		3
Experiencing the sensations of birth	1		2		3
Pushing according to my own urges	1		2		3
Seeing or touching my baby's head as it crowns	1		2		3
Bonding with my baby immediately after birth	1		2		3
Other _____	1		2		3
Other _____	1		2		3
Other _____	1		2		3