

# \_\_\_\_\_’s Home Labor Plan

Your Name Here

1. While I am laboring, please have all the lights:

- Slightly Lowered
- Moderately Dim
- Nearly Dark

2. Please play this music or playlist: \_\_\_\_\_

3. During labor, please offer me \_\_\_\_\_ to drink, and \_\_\_\_\_ to eat. Please do not offer any other drinks or snacks unless I specifically ask for them

4. I  will  will not be diffusing essential oils

5. Please diffuse only the following oils:

\_\_\_\_\_ Special notes  
\_\_\_\_\_ about my  
\_\_\_\_\_ essential oils:

6. I  would  would not like candles to be burning to help me relax

Please burn these specific candles: \_\_\_\_\_

7. I  will  will not be relaxing in the bathtub during my labor

I would like \_\_\_\_\_ to assist me

8. I  will  will not be taking a shower during my labor

I would like \_\_\_\_\_ to assist me

9. During my labor, I would like to use these pain-relieving methods:

- Birthing ball exercises
- Massages
- Breathing Exercises
- Stretching
- Swaying/Hip Rotations
- Counter-Pressure

Other: \_\_\_\_\_

I would like \_\_\_\_\_ to assist me

10: I would like to leave for the hospital/birthing facility when:

My water breaks

I begin transition labor

Other: \_\_\_\_\_

# Additional Notes:

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I am Fearless



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