

A Woman's Design Birth Doula & Childbirth Services

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

	Unimportant		Moderately important		Very important
Feeling loved and supported	1	2	3	4	5
Feeling that my wishes are respected	1	2	3	4	5
Feeling in control of my labor	1	2	3	4	5
Feeling clear-headed and alert during labor	1	2	3	4	5
Having the active involvement of my partner	1	2	3	4	5
Approaching birth as a spiritual experience	1	2	3	4	5
Allowing labor to begin naturally	1	2	3	4	5
Avoiding medical interventions	1	2	3	4	5
Knowing that medical intervention is available if needed	1	2	3	4	5
Feeling minimal pain	1	2	3	4	5
Laboring without medication	1	2	3	4	5
Using specific learned techniques for relaxation	1	2	3	4	5
Being physically active and mobile	1	2	3	4	5
Spending early labor at home	1	2	3	4	5
Protecting my modesty and privacy	1	2	3	4	5
Allowing labor to unfold in its own time	1	2	3	4	5
Letting my instincts guide me	1	2	3	4	5
Being coached through labor and birth	1	2	3	4	5
Experiencing the sensations of birth	1	2	3	4	5
Pushing according to my own urges	1	2	3	4	5
Seeing or touching my baby's head as it crowns	1	2	3	4	5
Bonding with my baby immediately after birth	1	2	3	4	5
Other _____	1	2	3	4	5
Other _____	1	2	3	4	5
Other _____	1	2	3	4	5