



***How do you feel about...***

**Using a scale of 1-5 please rate your response to the idea of going through any of the following items listed below.**

**1= very uncomfortable, 2=mostly uncomfortable, 3= basically comfortable, 4= mostly comfortable, 5= very comfortable**

	Mother	Partner/Spouse
Going past 41 weeks in pregnancy	_____	_____
Routine/convenience labor induction	_____	_____
Medically necessary labor induction	_____	_____
Artificial rupture of membranes (having water broken)	_____	_____
Water breaking spontaneously	_____	_____
Laboring at home in labor	_____	_____
Augmented labor (pitocin)	_____	_____
Natural augmentation techniques	_____	_____
No food or water during labor	_____	_____
Vaginal exams during labor	_____	_____
IV fluids during labor versus saline lock	_____	_____
Immobility during labor	_____	_____
Continuous monitoring during labor	_____	_____
Epidural use in labor	_____	_____
Narcotic use in labor	_____	_____
Natural pain management techniques in labor	_____	_____
Managed pushing (holding breath, semi-reclined position, counted at)	_____	_____
Spontaneous pushing using variety of positions	_____	_____
Episiotomy and vigorous perineal massage	_____	_____
Natural stretching of perineum and vagina	_____	_____
Delayed cord clamping	_____	_____
Vaccinations and newborn procedures	_____	_____
Cesarean	_____	_____
Breastfeeding or skin-to-skin immediately after birth	_____	_____
Separation from baby after birth	_____	_____