

Labor & Delivery - Natural Comfort Measures

Discussion Questions

For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and his needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
 2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
 3. Find ways to affirm your client, and gently guide the conversation.
1. This lesson gives several examples of benefits for natural comfort measures. Which of the benefits is more appealing to you, and why? Can you think of reasons why you still might need them, even if you're planning on an epidural?

There are many benefits for natural comfort measures when it comes to childbirth. These benefits include but are not limited to: No drugs to cause a baby to be drowsier and hinder immediate breastfeeding; they are not risky to use; they do not lead to more interventions, such as IVs, a catheter, possible C-section, vacuum or forceps extraction, extra fetal monitoring; and more. Most medical pain measures lead to interventions. And one of the best things about natural comfort measures is they don't wear off because they don't involve medicine. They are also good to know for managing pain and discomfort in early labor or in case your medical pain relief option fails. Ask your client which of these she would like to incorporate into her birth plan? Help her talk about her fears of pain during labor, and how her fears might hold her back from attempting a more natural birth.
 2. Research has shown that women get through labor better and have fewer interventions when they have a support person with them. Who would you like to have as your support person, and how do you think they can help you during labor and delivery?

Having a baby is hard work, but can be made easier with the help of a support person during labor. Your support person can be by your side, set up your room environment, apply comfort measures when you ask, and help keep you calm, among many other things. They can also help you make difficult decisions if they come up. Ask your client to share how she wants her birth experience to go, who she wants in the room with her, and how she would like them to help her. Help her figure out who can be her support person if she doesn't yet know. Share with her some great examples of support people, such as a friend, a family member, her mom, a doula, or even someone from your organization. Feel free to share your own birth story and if you did or did not have a support person. What was good about your experience, what do you wish you could have done differently?