

Handouts

THE FOLLOWING HANDOUTS ARE PROVIDED AT THE INITIAL INTERVIEW FOR YOUR USE:

Bishop's Score
Reading List (on back of this page)

THE FOLLOWING HANDOUTS, ALSO PROVIDED AT THE INITIAL INTERVIEW, NEED TO BE COMPLETED FOR OUR FIRST PRENATAL VISIT:

Hypnosis Responsiveness Questionnaire
Relaxation Questionnaire
Birth Information Questionnaire
Medical and Personal History
Epidural Agreement
Contract

THE FOLLOWING HANDOUTS WILL BE PROVIDED AND DISCUSSED AT OUR FIRST PRENATAL VISIT:

Birth Preparedness Checklist
When to Call Your Doula (contact information)
Surfing Through Labor
Birth Plan Tips
Avoiding an Episiotomy
Perineal Massage
What to Pack for the Hospital
Tips for Partner
Signs of Labor
Labor Phone List
Timing Your Contractions (also available for your Palm Pilot or Visor)
Client Confidentiality Release Form
Relaxation CD with instructions
Contract (2nd copy)

OUR SECOND PRENATAL VISIT MAY INCLUDE: (NOTE: 2ND VISIT MAY BE WAIVED FOR \$50 DISCOUNT WITH ADVANCED NOTICE)

Videos/DVDs
Practice using the birth ball
Demonstration of how your baby fits through your pelvis
Hypnosis or Relaxation practice
Join you at a Doctor's appointment, Childbirth or yoga class, pregnancy photo session
Birthing from Within artwork session