

**Scale**

**Human Assistance**

**Emotional State**

**Coping Well 10 to 6**

- 10 Using tools and techniques
- 9 Changing positions
- 8 Accepting assistance
- 7 Requesting specific strategies
- 6



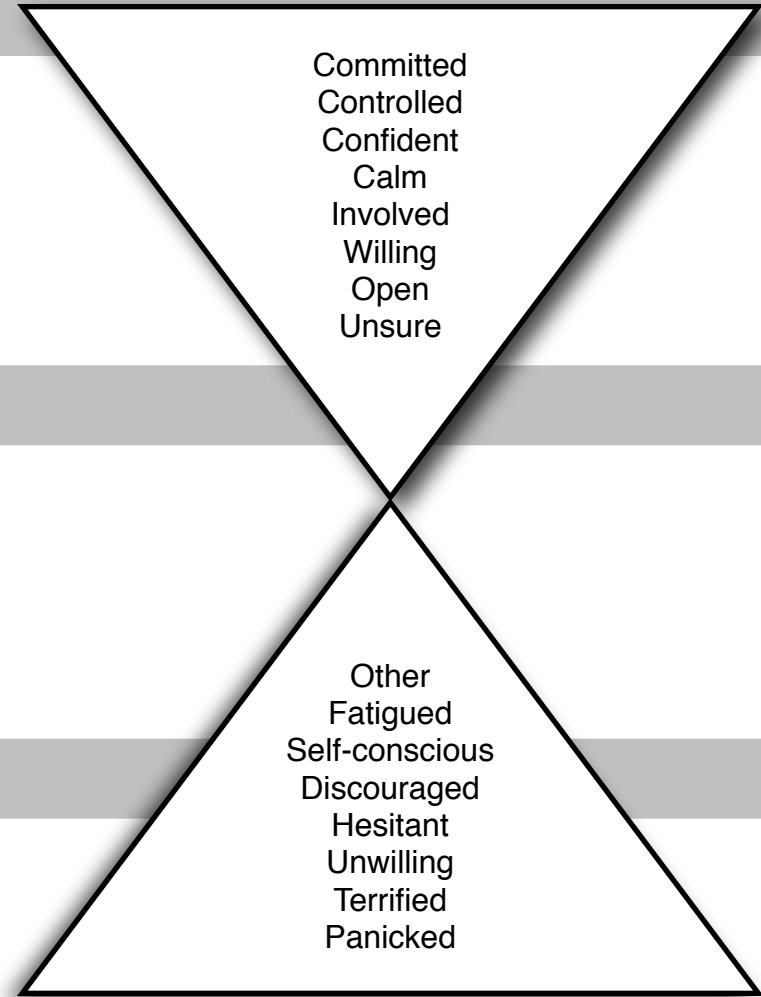
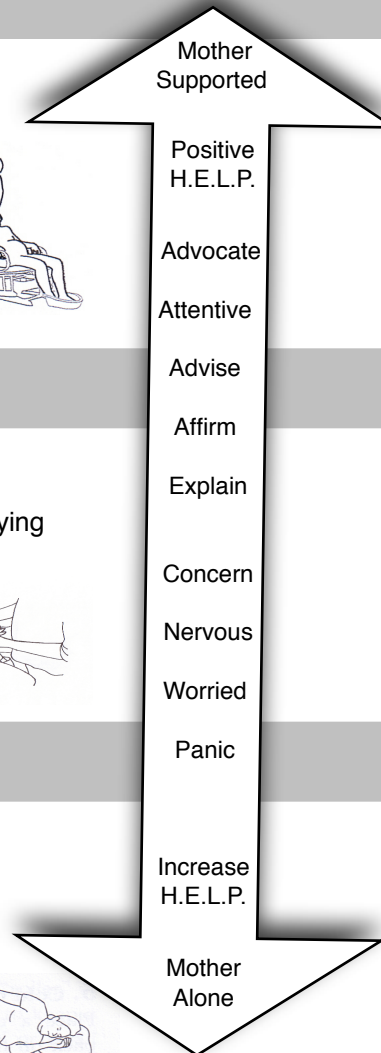
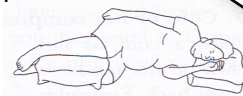
**Coping 5 to 4**

- 5 Questions ability to cope, but still trying
- 4 Listens and tries suggestions
- 4 Takes encouragement from others
- 4 Willing to accept H.E.L.P.



**Not Coping Well 3 to 0**

- 3 Screaming
- 2 Unwilling to accept H.E.L.P.
- 1 Unable to take direction
- 0



\* **Medication** can be offered as a tool among many others as no one tool offers complete relief for the entire laboring period.

Less

Tools and Positions

Not Coping Well 0

**Labor Tools (T.E.C.H.)**

Tools

Environment

Change

Hands

- Breathing
- Visualization
- Affirmations
- Birth Ball
- Rebozo
- Stress balls
- Fan
- Soak feet
- Tub
- Shower
- Music
- Focal Points
- Hot/Cold Compresses
- Unscented Oil
- Rocking Chair
- LED Candles
- Encouragement
- Towel Pull
- Vocalization
- Permission
- Medication\*

- Dim Lights
- Increase Privacy
- Temperature
- Decrease Noise

- Linen
- Clothes
- Breathing Pattern
- Increase Food
- Increase Fluids
- Temperature
- Music
- Urinate
- Support People

- Massage Body
- Massage Hands
- Massage Feet
- Massage Temples
- Counter Pressure
- Hip Squeeze
- Knee Press

**Position Changes**

- Walking
- Squatting
- Lunging
- Leaning
- Side-lying
- Pelvic Rocking
- Slow Dance
- Kneeling
- Straddle legs
- Child's Pose
- All-fours
- Swaying

**Better Coping**

Total used 0

1 2 3 4 5 6 7 8 9 or more

**More**

**Tools and Positions**

**Coping Well 10**