
Labor Tools

- Massage Tools
- Lotion or Oil scented and unscented
- Tub to soak feet, Bath Salts
- 2 Stress Balls
- Soft scarf
- Fan
- Birth Ball 65 cm
- 2 Rice Socks
- Focal Points
- Music
- Breath Mints
- Battery-operated candles

Labor research shows that when a doula is present:

Less anxious
Labor less painful
Labor is shorter
Less need for medication
Decreases use of vacuum and forceps
Reduces need for Cesarean birth
Increases overall birth experience

Teaching Labor Support

Provide resources i.e. phone #'s, websites
Show videos that model excellent support
Remind them to create a birth team

Resources

<http://mothersadvocate.org>

- Free Handouts
- The Timeless Way movie

<http://www.6seconds.org/newstore>

- Purchase biodots

Birthing From Within by Pam England

- Ice Cube activities