

My Labor & Delivery

Total Women's Health of Baltimore



From first contractions to last push, you want to remember every detail of your labor and delivery

First Stage: Labor



Picture of me in labor



First phase began:

How I felt physically:

How I felt emotionally:

I arrived at the hospital at:

When I arrived, here's what happened:

Notes and Special Thoughts:



My labor nurse(s):

My room number for labor:

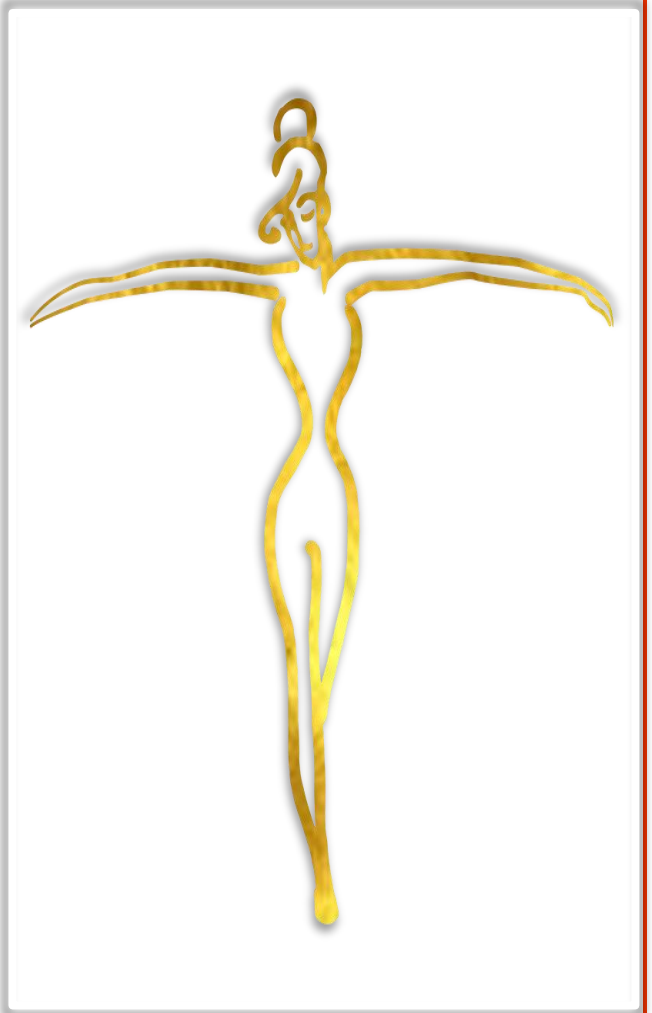
Here's what my room looked like:

Who was with me:

What I drank:

What I did between contractions:

Medical interventions, if any (IV, fetal monitoring, etc.)



What I did between contractions:

Medical interventions, if any (IV, fetal monitoring, etc.)

Second (Active) Phase of Labor -contractions 3-4 minutes apart: cervix 3-7 cm dilated

How phase began:

How many hours from beginning of labor?

How I felt physically:



How I felt emotionally:

I managed the pain by:

Who was with me:

My labor nurse(s)

What I did between contractions:

Medical interventions, if any (IV, fetal monitoring, etc.)

Third (Active or Transitional) Phase of Labor -contractions 2-3 minutes apart: cervix 7-10 cm dilated

Medical interventions, if any (IV, fetal monitoring, etc.)

Labor Interventions

The anesthesia or medication I received during labor was:

After receiving the medications, I felt:

My labor was induced by:

How I felt:

My labor was helped along by:

How I felt:

Second Stage: Delivery

Vaginal Delivery

I began pushing at:

I pushed in these positions:

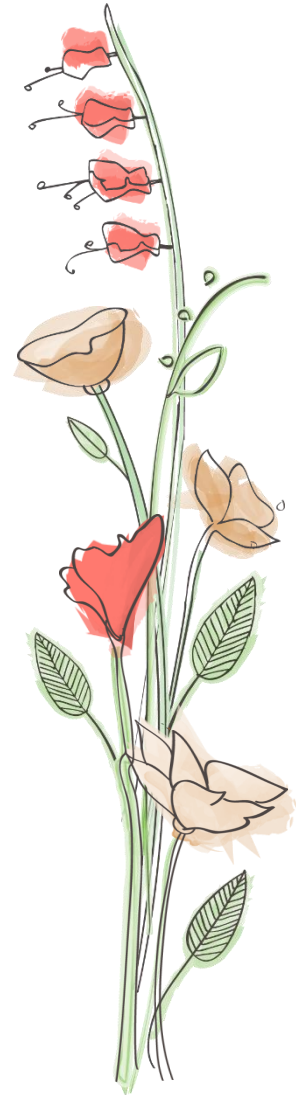
I pushed for this long:

How I felt physically:

How I felt emotionally:

Pain relief, if any:

Complications, if any:





Who else was at the delivery:

Their reactions:

Who cut the cord:

Surgical Delivery

The reason for the C-section:

Who was in the room with me:

How I felt physically:

How I felt emotionally:

What the C-section felt like:

What I was able to see:

It took this long:

Anesthesia used:

How long I was in recovery:

The Birth



My Baby is Born!

Baby's Name:

- Weight:
- Length:
- My baby looks like:
- Where is the birthmark:
- The first thing I noticed about my baby:

Birth Date & Time:

Memories of the Birth

My baby was born at:

How I felt physically and emotionally

How my partner felt:



Did the baby cry right away:

The hardest part of labor was:

The best part was:

The most unexpected part was:

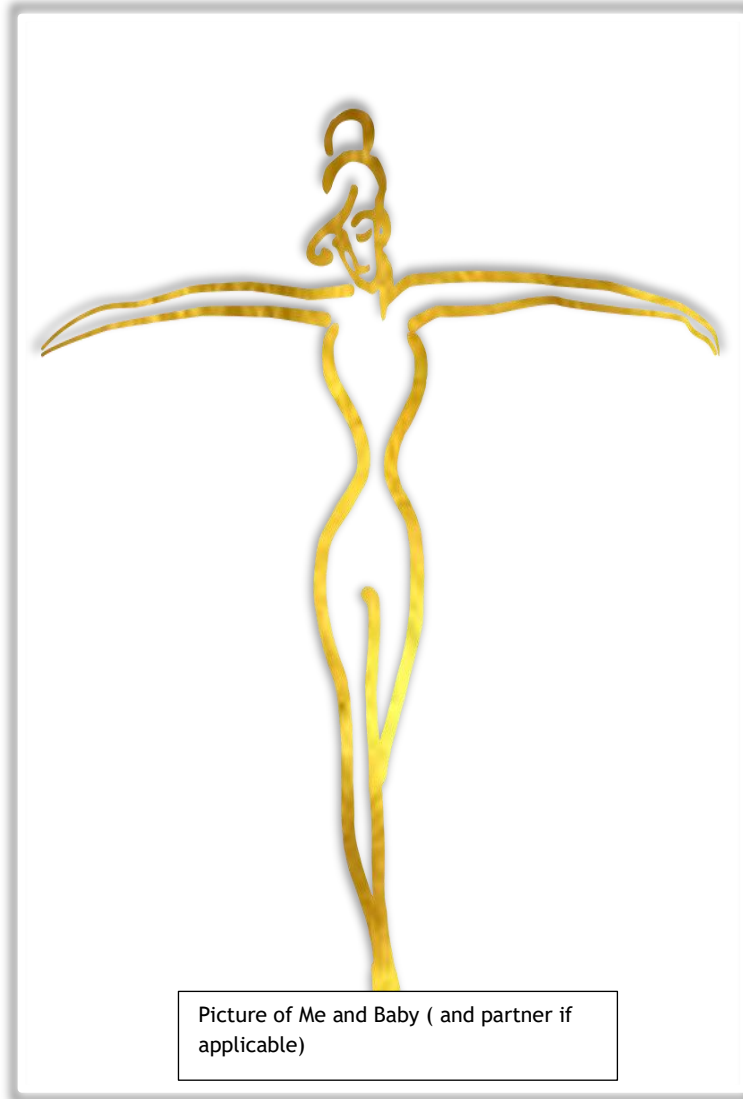
The nicest thing my partner did for me:

The nicest thing my partner said to me:

The dumbest thing my partner said to me:

How I felt during my labor and delivery:

My message to baby :



Picture of Me and Baby (and partner if applicable)

Look at my beautiful baby! It was worth it!

I love you baby!

