HELPING A WOMAN DURING LABOR AND BIRTH

WORKSHEET

- 1. Describe what happens during labor.
- 2. What might keep a woman from having professional help with her during her labor and birth?
- 3. List the supplies to gather if a baby will be born in place.
- 4. Name at least three things you can do to reassure a woman during labor.
- 5. How can you help a woman prepare for the baby's birth?