



## Know Before You Go

### *Preparing for Your Upcoming Happy Mama Comfort Measures Appointment*

We are looking forward to supporting you during this hands-on session. This appointment is designed to help you learn and practice comfort techniques you can use during labor. Here are few tips that will help you get the most out of your session:

#### ❖ **Arrive 10 Minutes Early**

Please plan to arrive 10 minutes early, whether your visit is in person or virtual. This allows you to:

- ✓ Get settled and ready
- ✓ Start on time without interruption
- ✓ Prepare your space and materials

For virtual visits, this is especially helpful to check your internet, camera, and audio.

#### ❖ **Create a Safe and Respectful Space**

To support both your experience and others in the session:

- ✓ Keep your camera on so we can guide you during practice
- ✓ Keep your audio muted unless speaking
- ✓ Keep doors closed to reduce background noise and prevent interruptions

#### ❖ **Keep It Confidential**

We ask that you honor this as a confidential space.

What is shared during the appointment stays within the appointment.

- ✓ Consider using headphones or earbuds if attending virtually.

#### ❖ **Prepare Your Practice Area**

This is an interactive session. Please have a space where you can move comfortably.

You will need:

- ✓ A clear area about 6 feet by 3 feet
- ✓ Room to stand, sit, and change positions safely

#### ❖ **Gather Your Materials**

Please have the following items ready:

- ✓ A chair (alternatively, access to a sofa or a stationary ottoman with no wheels)
- ✓ Two large pillows (sofa pillows work great!)



- ✓ A bowl of ice or a bag of frozen peas (keep it in the freezer until further instructions are provided)
- ✓ A towel
- ✓ A paper towel
- ✓ A napkin or dish towel

These items will be used during hands-on practice.

❖ **Wear Comfortable Clothing**

Choose clothing that allows for easy movement. You may be practicing different positions and techniques throughout the session.

Bare feet or no-slip gripper socks are best.

❖ **Bring Your Support Person (If Available)**

We strongly encourage your support person to attend. This helps them learn how to actively support you during labor. Please confirm prior to your appointment that your partner will attend. **Partners will be allowed to join 30-minutes after the start of the appointment. Your doula will make an announcement inviting participation.** Partners who join prior to this time will be asked to step away for 30minutes.

❖ **Stay Hydrated**

Have water nearby so you can stay comfortable throughout the session.

❖ **Come Ready to Participate**

This session is designed to be active and engaging.

You will be:

- ✓ Practicing comfort techniques
- ✓ Exploring positions
- ✓ Learning what works best for your body
- ✓ We Are Here to Support You

❖ **Relax!**

This is a safe and supportive space. There is no pressure to do everything perfectly. We are here to guide you every step of the way.

 **Congratulations!** 

You are building skills that can make a real difference in your labor experience.

See you soon, Mama