

Senses list for help in labour

Hear:

- What kind of music makes you feel good?
 - I'm not big into music. I usually only listen to podcasts or classical instrumental music.
- What's on your playlist?
 - Mostly podcasts and sometimes classical music. I don't like loud music.
- Do you like guided meditation?
 - I feel impatient easily with meditation. I usually do active meditation, such as colouring or some repetitive craft (crochet is my favourite). I also really find that reading can be relaxing.
- Is there any words you don't like or don't like to be called?
 - Not that I can think of.

See:

- What do you like to watch (for distraction)... romcoms, stand up, etc?
 - I am not big into watching videos or tv shows. I find that podcasts work much better for me.

Smell:

- Do you like essential oils? Which ones?
 - I love essential oils, my favourites are floral scents (such as lavender) and citric scents.

Taste:

- Food likes/dislikes:
 - I'm very easy with foods, as long as they're vegan. I love warm food, especially veggies with rice (be it as a curry, burrito, stir fry, etc). My favourite foods are broccoli rice, dahl with rice and burrito.
- What gives you energy/enjoyment?
 - My favourite foods always do! I get so excited about having a burrito (I can never quite make them wrapped like in the shops, I can only make burrito bowls) it's a bit ridiculous even.
- Refreshing drinks you like:

- I love water! If I'm thirsty, this is always my drink of choice. I do enjoy smoothies sometimes and I love chai lattes and green teas.
- Snacks for labour:
 - I'm not big into snacking, but I'm open to discussing which would be good options (as in to give energy, not stall labour, etc). Usually, I either have a fruit as a snack or a simple toast with flora.
- Anything I can make for you?
 - Just help me to find out which would be nice snacks to pack for the labour.

Touch/feel:

- Do you like your hands held?
 - I like reassuring touches, on the shoulder or holding my hands. It does help me calm down or deal with any anxiety-inducing situations.
- Do you like hot/cold compress for comfort?
 - I like them both, depending on the situation.
- Do you like reiki?
 - I am not familiar with reiki, but would be open to trying it.
- Where do you like/not like for acupressure & massage?
 - I love massages... My husband gives me a head rub every night and it's something that really helps me wind down and relax.
- Shower, bath, etc?
 - Showers always help me relax and I love them! Baths can make me a bit anxious, but I like short baths.

Movement:

- Stairs..Y/N
 - Stairs can be a bit too much for me, what with my reduced energy levels. But slow pace walking would be good! Maybe the stairs could work if done in slow pace as well? I've never tried that.
- Dancing
 - No. I hate dancing.
- Birthing Ball:
 - I have never tried it, but would love to.
- Rebozo and acupressure:
 - I'm not familiar with rebozo and I haven't had much experience with acupressure, but would love to try both.