

## **Labor Tools Packing List**

You'll want to pack the items that you'll use during labor. These "labor tools" will help you pass the time and be more comfortable in the hours leading up to delivery. Here are some suggestions:

### **Snack bag**

- You can include lollipops, hard candy to suck on during labor, snack foods for your labor partner, and a treat for both of you after delivery.

### **Lip balm or lipstick to prevent dry lips**

### **Focus point**

- This can be a favorite picture, stuffed animal, flower or anything that you can concentrate on during contractions.

### **Distractions**

- A deck of cards, magazines or a book can help you and your partner pass the time during labor.

### **Your favorite pillow**

- You may want to include your favorite pillow. Be sure to mark your pillow or use a distinctive pillowcase, so it's easy to identify.

### **Music**

- Bring a portable music player to play relaxing music. Some women preselect birthing music to help them during labor and delivery.

### **Lotion**

- Your coach can use this to give you massages.

### **Tennis balls in a sack**

- These are excellent for back rubs.