

Twenty Questions: Find Someone Who. . .

(and have them sign their initials next to the number)

- _____ 1. can tell you what effacement is.
- _____ 2. was born in the same state as you.
- _____ 3. can tell you three possible signs of labor.
- _____ 4. can tell you the score of the last Superbowl.
- _____ 5. is doing Kegels every day.
- _____ 6. had at least 5 servings from the fruit and vegetable group today.
- _____ 7. can tell you what “engaged” means when the doctor or midwife is talking about the baby.
- _____ 8. has lived in the same city all his or her life.
- _____ 9. has practiced relaxation strategies since the last class.
- _____ 10. loves being pregnant.
- _____ 11. thinks she (or partner) will not give birth by her “due date.”
- _____ 12. can tell you what “Braxton-Hicks contractions” are.
- _____ 13. has picked out music to play during labor and birth.
- _____ 14. can tell you what position might help turn a posterior baby.
- _____ 15. can tell you two ways to help labor progress.
- _____ 16. can list three comfort measures a support person can use to help a laboring woman.
- _____ 17. thinks labor will be exciting or thrilling.
- _____ 18. has picked out a name (or names) for the baby (babies).
- _____ 19. is having his or her parents' first grandchild.
- _____ 20. can tell you what a “doula” is.