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## MOTHER'S COPING STYLES

As you prepare for your baby's birth, self-reflection on how you best cope with challenging situations can provide valuable insight on what kinds of support will be most helpful during birth. It's also necessary to consider the needs of the birth companion(s) so they are best equipped to assist you along the way. You may choose to write out answers to the questions below, and then swap your answers with your birth companion(s) for discussion, or work through this activity together actively discussing the topics presented.

### MOM'S COPING MECHANISMS:

- When you're sick, how do you prefer to be treated, i.e. left alone, waited on, held, etc?
- What are your stress relievers? What do you do to unwind after a tough day?
- When you are exhausted, how do you find more energy?
- When you are anxious or scared, how do you cope? What tricks or techniques do you use to help you move forward when faced with an unknown situation?
- When you feel helpless or out-of-control, how do you react?
- When you want to help someone, but don't know how, how do you cope or proceed?

### COPING PREFERENCES BY LEARNING STYLES

Which do you think best represents your learning style? Why?:

#### **Visual Learners**

- Respond best to visualization or visual comfort techniques such as familiar surroundings, people, items, or visual imagery scripts or readings

#### **Auditory Learners**

- Respond best to auditory stimuli, such as familiar voices, sounds, breathing patterns, verbal praise, reading, audio relaxation scripts, singing or vocalization.

#### **Kinesthetic Learners**

- Respond best to movement, rhythmic activities, and touch, such as rocking, swaying, music, dancing, all massage types, birth ball activities, etc.

### COPING PREFERENCES BY PERSONALITY STYLES

Which do you think best describes your personality type? Why? What other activities may help you?:

#### **Introverts /Introspective Personalities**

This describes people who are normally quiet and reflective, who turn inward to cope with challenges, Moms of this type respond well to someone sitting quietly by her side, creating a quiet, dark, safe, relaxed environment for birth. The goal is to minimize interruption, and support her in finding her own way through labor. Quiet companionship is key.

#### **Extroverts / Active Personalities**

This describes people who are normally bold and outgoing, who turn to friends or must take action to cope with challenges. Moms of this type respond well to staying active during birth. She needs ideas and activities such as movement, massage and breathing to keep her engaged and focused during birth.