

FPQC Labor Support Cart: Ideas for Hospital Consideration

Hospital grade cart on wheels with drawers labeled for each labor support item is ideal

1. Stress Balls (gift)
2. Labor combs (gift)
3. Lip balm (gift)
4. Hair ties (gift)
5. Single use Essential Oils (Lavender, Peppermint, Citrus Bliss) (gift)
6. Room signs stating: “Essential Oils are in Use”
7. White noise machines (battery powered)
8. Handheld fans
9. Small massagers
10. Ambience Lighting Battery operated: consider tea/fairy lights, battery candles
11. Chamomile Tea
12. Rebozos Instructions: consider utilizing hospital laundered linen
13. Laminated Labor Positioning Guides on a ring on cart for easy access & use
(Tip: Hospital purchasing department can order these items as requested)

Have in another area of OB unit (not on cart) in approved storage area:

1. Peanut Balls various sizes- Store per infection control guidelines – include sizing tool
2. Birth Balls various sizes- Store per infection control guidelines – include sizing tool
3. Comfortable Upright Birthing Device ([Cub](#))
4. Yoga Mat- Store per infection control guidelines

Additional Resources to Consider Purchasing

1. [FPQC Labor Support Workshops](#) : **Free** Recorded FPQC Labor Support workshop by Jessica Brumley, PhD, CNM
2. [AWHONN Continuous Labor Support](#)
3. [Premier Birth Tools](#): Peanut Ball Bundle, Set of 5 Charts, Childbirth Positions, 14 Charts
4. [Spinning Babies](#)
5. Bundle Birth: [Shop | Bundle Birth, A Nursing Corp](#)
6. Lamaze International: [Labor Positions & Movement](#)
7. [Labor Support Resources | National Partnership for Women & Families](#)
8. [Perinatal Potpourri Physiologic Birth Self-Study](#)