

**SELF-ASSESSMENT SHEET FOR LABOR OR BIRTH OBSERVATION
ICEA Professional Childbirth Educator Certification Program**

Place yourself on the various continuums based on your perceptions of where you belong according to your experiences. When planning the observations or labor support, provide yourself with the widest variety of experiences possible.

BIRTH ENVIRONMENT					
Home Birth	free-standing birth facility	home-like birth center	hospital birthing room	traditional delivery room	high-risk perinatal center
How many births have you attended in each of these environments? Where do you need more experience and exposure? Which ones are available locally?					

PERSONAL EXPERIENCE							
no births other than own		labor support for own class couples		labor support for non-class parents		professional labor and birth attendant	
personal involvement	interpersonal	detached	emotional	emotional	clinical involvement	involvement	
What has been the majority of your past involvement with birth? Where do you need further experience? What has been the extent of your emotional involvement?							

MEDICAL INTERVENTIONS

none used

non-invasive
alternatives used

common invasive medical
interventions used

total medical involvement
and management

What type of medical interventions were used in previous birth observations, experiences, or work-related situations? Where do you need more exposure and experience?



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