



DISTRACTION IDEAS FOR EARLY LABOR

- Sleep
- Eat
- Water
- Binge watch shows on your fav app
- Take a bath
- Bake Cookies (Only if someone else is home to remove them from the oven in case things pick up fast)
- Look through photos
- Pee
- Put in a load of laundry
- Make out
- Prep goodie bags for nurses station
- Sleep
- Eat
- Water
- Watch your favorite movies
- Go for a walk or do some yoga
- Read a book
- Make love
- Scrub the floors
- Talk with your partner/friend about what you think life will be like once your baby is home
- Play video games
- Call your BFF
- Pee
- Play a board game or cards
- Sleep
- Eat
- Water
- Load the dishwasher
- Have your partner or friend paint your nails
- Take a shower
- Write thank you's
- Keep your doula updated on everything happening!