



## SELF-ASSESSMENT SHEET FOR LABOR OR BIRTH OBSERVATION ICEA 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  
emotional  
involvement

interpersonal  
emotional  
involvement

detached  
clinical  
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?