

# Fact Gathering Basket

## CBE & Doula Progress Checklist

- [Welcome to the Fact Gathering Basket](#)
- [Reading List](#)
- [Birth Justice Inquiry](#)
- [Resource List for Clients](#)
- [Research Home Practice: Mindfulness](#)
- [Resource Document: Prenatal Nutrition](#)
- [Research Home Practice: Prenatal Nutrition, Stress Reduction, and Exercise](#)
- [Home Practice: Food Diary](#)
- [A Baby's Development Week by Week](#)
- [Video: The Timeless Way](#)
- [Birth Statistics](#)
- [Modern Knowing: Stages of Labor & Mechanics of Birth](#)
- [Resource Document: Early Labor Support](#)
- [Resource Document: Active Labor & Transition Support](#)
- [Resource Document: How to Time Contractions](#)
- [The Hormonal Physiology of Childbirth](#)
- [Home Practice: Create a Module on the Physiology of Labor](#)
- [Modern Knowing: Optimal Fetal Positioning](#)
- [Resources: Optimal Fetal Positioning](#)
- [Resources: Hands-On Support for Labor](#)
- [Research Home Practice: Optimal Fetal Positioning](#)
- [Modern Knowing: Positions for Labor](#)
- [Resource Document: Back Labor Support](#)
- [Resources: Hands on Support for Labor](#)
- [Research Home Practice: Positions for Labor](#)

- Home Practice: Create a Module on OFP & Positions for Labor
- Resource Document: Supporting Inductions
- Resource Document: Pain Medication Options Chart
- Modern Knowing: Medical Tools & Support, Induction Methods
- Research Home Practice: Pharmaceuticals for Pain, Induction, or Cesarean Birth
- Home Practice: Create a Module on Induction, Epidural, and Cesarean Birth
- Resource Document: Support for Long and Short Labors
- Resource Document: Second Stage/Pushing Support
- Modern Knowing: Immediate Postpartum
- Resource Document: Third Stage & Immediate Postpartum
- Modern Knowing: Infant Feeding
- Research Home Practice: Immediate Postpartum, Newborn Choices, and/or Infant Feeding
- Resource Document: Postpartum & Fourth Trimester Overview
- Home Practice: Create a Module on Immediate Postpartum & Infant Feeding
- Resource: Assessing Postpartum Mood & Anxiety Disorders
- Home Practice: Create a Module on Postpartum Planning and Postpartum Mood Disorders