

Birth Partner Cheat Sheet

How do I support my partner in labor?

While sometimes forgotten, birth partners have a key role to play in the birth process! Here are some tools to help birth partners participate in the birth as much as both partners desire at every stage.

Techniques for Early Labor:

Early labor is usually a time of happiness and excitement, mixed with some anxiety.

You can:

- Rest with your partner to save your energy
- Draw a warm bath for her (check with your healthcare provider first if you think her bag of waters is broken)
- Prepare light snacks and bring her drinks of water or non-acidic juices (as discussed with your healthcare provider)
- Take a walk with her
- Time contractions and inform your healthcare provider of your progress
- Involve her in light activities, such as watching a movie, playing cards, or reading
- Inform necessary people that labor has started, especially if you need to cancel previous obligations or make pet or childcare arrangements

Birth Partner's Hospital Bag:

If you want to be the ideal birth partner, here's what you should pack:

- Smartphone
- Digital camera or camcorder
- Toiletries
- A change of clothes
- Swimwear
- Painkillers, for you
- Snacks and drinks
- Entertainment
- Music
- Glasses, if you're a contact lenses wearer
- Comfortable shoes
- Your own pillow
- Massage aids and oils
- Gum, Water Bottles



Techniques for Early Labor:

Once contractions become more intense for your partner, help her use the comfort techniques that work best for her. Suggest something new if the technique you're using is starting to be ineffective or monotonous for her. Help your partner stick to her goals by being supportive and offering emotional assurance. You can:

- Help her change into different positions. Standing, walking, squatting, hands and knees, kneeling, slow dancing, sitting, and side-lying are all good options.
- Help her use movement, such as walking, stair climbing, and pelvic rocking
- Interact with her face-to-face and give brief instructions if she loses focus (be sure to have fresh breath throughout labor!)
- Breathe with her through contractions and count out loud if she wants you to
- Guide her in visualization exercises that focus on the baby or special memories that you share
- Be supportive of the sounds she needs to make during labor. However, be aware that higher pitched cries could be a sign that she is feeling out of control and needs focus.
- Provide relief and comfort to cope with nausea, such as pressing her acupressure points, giving her ice chips or warm liquids, applying a cold cloth to her forehead, and preparing a toothbrush with toothpaste if she vomits
- Massage her back, neck, abdomen, or other parts of her body in a way that feels good to her
- Help her into the tub or shower
- Help her use the birth ball
- Provide emotional encouragement ["You're doing great." "You're breathing really well." "Our baby will be here soon." "You're so strong." "Your body is doing its job wonderfully." "I love you so much."]

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