

Labor Support Cheat Sheet For Partners



—LOVING ARMS—
CHILDBIRTH SERVICES

- If labor begins at night: Encourage her to stay in bed, give her a massage, dim lights.
- If labor begins in day: Take her to a place you both love, walk or labor together without distractions.
- Stay in close physical contact with her.
- Encourage her to accept labor by reminding her to “go limp”, “slump” Breathe slowly.
- Breathe and/or moan or chant with her if it helps.
- Use personal endearments even if others can hear – she needs to hear your voice, your words of love and support.
- Speak tenderly between contractions, maintain eye contact as needed, touch and hold her.
- During pushing stay close so she feels your helping, enthusiastic presence. Whisper in her ear that she is doing well, tell her how strong and capable she is.
- Tell her when baby’s head is visible, help her reach down to touch it.
- Tell her you love her throughout the labor and especially after baby is born.

FOLLOWING IS A LIST OF COMFORT MEASURES:

Touch:

- Light, gentle, strong, palms w. thumbs, etc.
- Massage/Counterpressure/Pressure points, acupressure, double hip squeeze.
- Verbal encouragement.
- Eye contact if needed.
- Movement: change scene & positions: squat, dance, sway, walk, stand, lean, supported squat, hands & knees, ball, dangle.
- Rebozos.
- Water: tub, shower, hot/cold packs, cold cloths on face or neck, ice in cloths, hot compresses on perineum for pushing.
- Food & Drink: eat lightly at home, drink in hospital, honey & water, recharge/gaorade/Emer’gen-C, raspberry leaf tea, honey straws, ice pops.
- Go to bathroom once/hr.
- Slumped round shoulders, open jaws * Horsey lips * Music changes energy.
- Breathing support, low sounds, toning, singing, chanting* visualizations.
- Aromatherapy (check out scents ahead of time) * Photo album.
- Pillows, warm blankets, lip balm, own clothes, ball, stools.
- Posterior baby: lunges, hands & knees, stairs, hip jiggle, rebozo.
- Watch energy in room – labor team takes breaks.

Pushing:

- Passive descent – rest for up to one hour if no urge to push.
- Oil for perineal massage (almond, olive, jojoba).
- Continue counter pressure as needed.
- Mirror if desired.
- Hot compresses on perineum to help stretch skin, avoid episiotomy.
- Counter pressure with warm cloth on anus if protruding.
- Slow pushing with panting/blowing breath/burning feeling, slow down at crowning.
- Counting: only if mom wants, help her hold breath only 5-6 secs.
- Positions for pushing: squat w. bar, side, hands & knees, partial reclining, standing, toilet, dangle or supported squat, alley oops.
- Gentle encouragement in her ear rather than shouting, remind her to work with her own body and follow own urge to push, remind her BABY is coming.
- Sounds as desired, breath into it, grunt, yell – all ok.