



36 Ways a Partner Can Help During Labor

- 1) Offer a drink after every contraction
- 2) Walk with her
- 3) Know and suggest birth positions
- 4) Massager her back, hands, feet,
- 5) Play calming music
- 6) Know what to expect during birth
- 7) Create a cooperative environment
- 8) Suggest a shower or bath
- 9) Hold cords so she can move
- 10) Use acupressure
- 11) Repeat affirmations
- 12) Help her find a rhythm
- 13) Help her breath slowly and deeply
- 14) Keep unwanted guests away
- 15) Give wanted guests tasks
- 16) Stay hydrated and fed
- 17) Diffuse oils she likes
- 18) Look in her eyes
- 19) Laugh with her
- 20) Hold her hand
- 21) Stay close
- 22) Apply a heating pad
- 23) Put a cool compress on her head
- 24) Encourage her to release emotions
- 25) Follow her lead
- 26) Keep lights low
- 27) Respect her need for privacy
- 28) Remind staff of her birth plan
- 29) Learn and use guided visualizations.
- 30) Offer her honey or broth
- 31) Learn about and use a rebozo
- 32) Stay focused, no devices
- 33) Slow dance with her
- 34) Kiss her
- 35) Hug her
- 36) Say thank you

