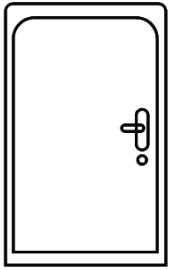
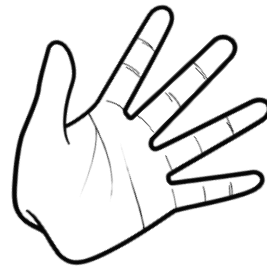
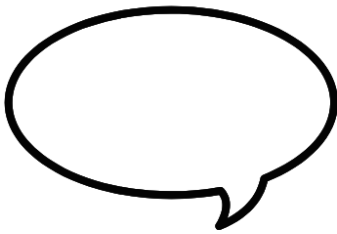


Labor Support Guide

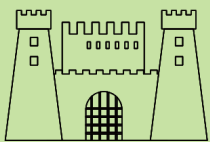


The best thing you can do to help labor along is to let it be. People are mammals—they birth most easily when they feel calm and unobserved. If you've been asked to be present during a loved one's birth, it's an honor.

Here are some things you can do. **First, focus on the person having a baby**—not the monitors, the staff, or your phone. If you're not having positive, encouraging thoughts or you're getting upset: *take a break*. Leave the room. Labor is intense for helpers, too.



- Express confidence
- Say funny things
- Express love
- Express admiration
- “I’m right here.”
- Praise her to others
- “You ARE doing it!”
- Talk about how she and the baby are doing this together out of love.
- Offer sips of water/juice
- Smile
- Bathroom reminders
- Dim the lights
- Offer a snack
- Hold hands
- Protect privacy
- Keep a reassuring hand on her body
- Massage
- Hip squeeze
- Aromatherapy
- Music
- Eye Contact
- ‘Slow dancing’
- Take a walk together
- Birth ball or peanut ball
- In early labor: DISTRACT!



be a body and soul guard

Protect the space. Ask people who are being negative or rough to leave. If it seems like the birthgiver is struggling internally, ask about it. All thoughts and feelings are OK, and you can remain supportive and calm.



just be

A reassuring, calm, zero-judgement presence can bring a great sense of peace to labor. Be willing to go on the journey *without trying to fix it*. Trusting a person helps them to trust themselves. We call this “holding the space.”