

Tips for Labor & Birth Support People

*Your presence and support truly make a difference.
You are helping create a safe, loving, birth experience.*

Stay Close & Comfort Them

- Stay in the room with the laboring person as much as you can
- Hold their hand or offer gentle touch
- Speak softly with reassurance
- Help keep the room calm & quiet
- Guide their focus by breathing with them
- Celebrate every bit of progress

Help Them Move & Change Positions

- Walk with them to the bathroom and in the hallway. It is ok to unplug the IV pump.
- Encourage frequent position changes
- Support them while standing, sitting, or leaning

Comfort Measures You Can Offer

- Press firmly on their lower back to help with the pain
- Place a cool cloth on their forehead
- Adjust pillows for comfort
- Offer small sips of fluid to help stay hydrated, if allowed
- Stay physically and emotionally present

During Pushing

- Cheer them on! They need your energy and belief in them that they can do this.
- Count to ten for them if they want
- Help support a leg if asked
- Offer small sips of fluid, if allowed

Tell the Nurse About

- A sudden increase in pain
- They feel like they need to push
- They feel "poop" pressure
- They ask for help
- You or they have questions
- Anything that worries you
- Anything from their birth plan you want us to remember

Take Care of Yourself

- Ask about the refreshment room
- Take time for yourself to eat and drink
- Rest when you can
- Ask staff if you need help

Please talk about these tips with your care team, as they may vary based on each person's needs and medical conditions.