

SUPPORT PARTNERS

TOP 3 TIPS FOR "PRACTICAL SUPPORT"

1. FREQUENT POSITION CHANGES

Every 20-30 minutes
Standing/Resting/Sitting/Walking/etc.

2. WATER IN

Offer sips of water at least 2-3 times per hour!

3. WATER OUT

Keeping the bladder empty (at least hourly) will help to keep labor progressing.

ADVOCATE

Your loved one is doing the hardest work of their life; feeling unheard or unsupported can lead to a negative birth experience. If sudden changes or unplanned interventions are being suggested, don't be afraid to ask questions. Remind the care team of your wishes, or refer them to the birth plan.

HOLD SPACE

The birth partner holds a vitally important role as a support person, and in protecting the birth space. Keep unwanted guests from causing disturbances, and try to avoid external distractions (spending time on the phone, playing games, or otherwise diverting your attention.) Labor can make one feel vulnerable & sensitive, and showing that you are physically & emotionally present is important. This is a day that you will both remember for the rest of your lives!

COMMUNICATE

Hormones, pain, stress, and exhaustion can make communicating one's needs difficult; don't be angry or offended, or take things personally if your loved one is feeling upset or frustrated. The sensations of birth can take every ounce of energy & attention that they have. Showing patience, love, and understanding are exactly what they need right now; let them know that you are there to help in any way that they might need.

If someone is bringing negative energy into the room, thank them for their support, and politely ask them to leave; a lack of privacy, and feeling annoyed, can increase the painful sensations of labor.

SUPPORT

Try to anticipate their needs. (Dim lights, comfortable temperature, quiet voices, comfort measures, offering water/snacks, etc.)

Above all - make sure that your loved one feels heard, seen, loved, and supported.