

## Labor Support for Partners: Cheat Sheet

### Physical Support

- Hip Squeeze
- Gentle back rubbing, up and down along the spine
- Hand holding
- Help her remember to relax her shoulders, light touch on the shoulders
- Light kisses (hand, forehead, wherever she likes!)
- Help her relax her mouth, relax a furrowed brow
- Breathe with her, in through nose and out through mouth

### Nourishing Support

- Offer water/drink after every few contractions
- Offer snacks throughout labor, and encourage just a bite even if she doesn't want
- Chapstick if her lips look dry
- Cold cloths or a fan if she appears hot

### Verbal Support

- Encouraging words *during* a contraction: “beautiful, that’s perfect, great job breathing, well done...” (not all at once, just a few here and there)
- Supportive words *after* a contraction: “that one’s done now, now you get a little break, let your body rest and relax, relax your muscles, you’re so strong...”
- General helpful phrases: “I’m so proud of you, you’re doing amazing, I can’t wait to meet our baby, I LOVE YOU and I love our baby!”

Your partner may like all of this, or absolutely none of it. Don't feel defeated if she pulls away from your efforts or responds better to support from the midwives. Ultimately, the best support is this: *when she opens her eyes, she should see you there and know you are with her*, and that's more helpful than anything we can do.