

# LABOR AND BIRTH: A GUIDE FOR PARTNERS

WHAT TO EXPECT  
AND  
HOW TO SUPPORT  
YOUR PERSON

## A POSITIVE BIRTH EXPERIENCE, NO MATTER WHAT THE CIRCUMSTANCES ARE.

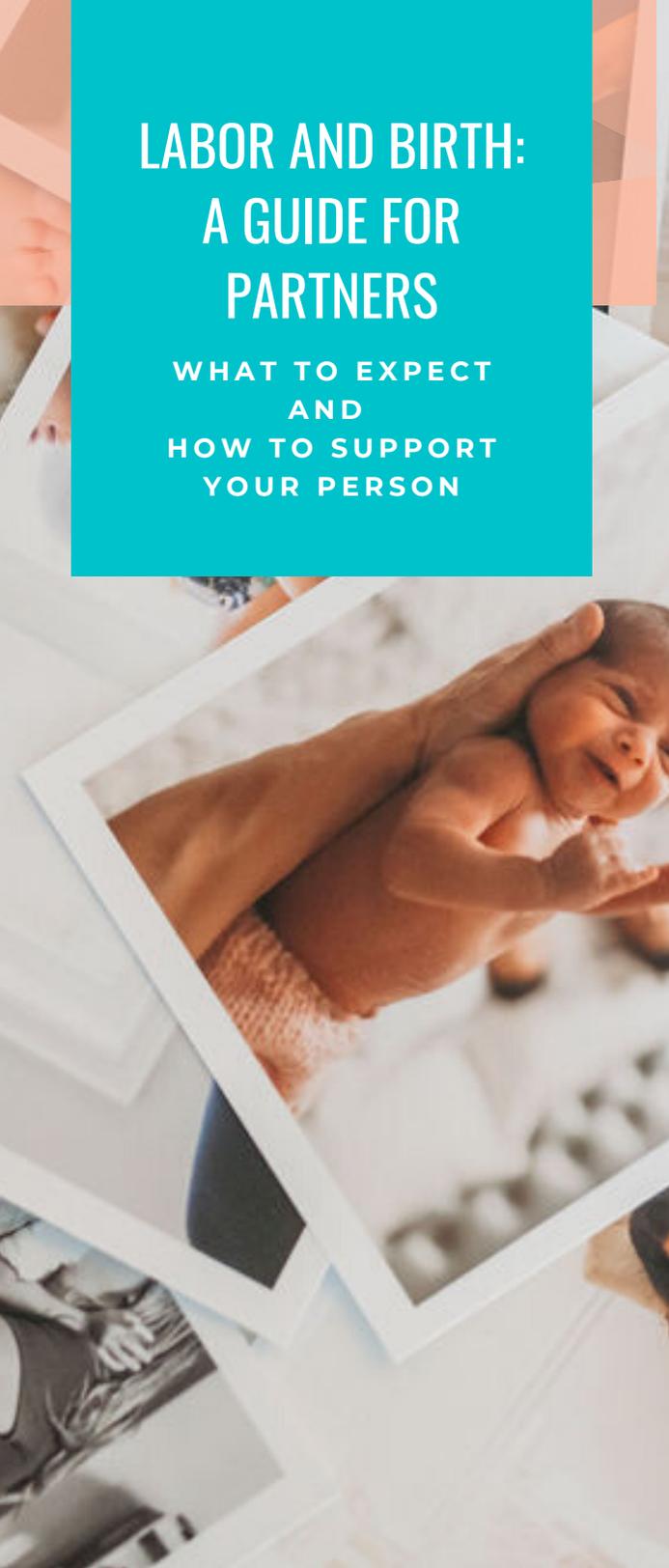


**WITH COVID-19 CHALLENGING OUR COMMUNITIES, IT'S OKAY TO FEEL ANXIOUS. BUT EVEN IN LIGHT OF THE PANDEMIC, EVERY PERSON STILL HAS A RIGHT TO A POSITIVE AND JOYFUL BIRTH.**

**YOU CAN STILL PROVIDE SUPPORT FOR YOUR PERSON, WHETHER YOU'RE PHYSICALLY BY THEIR SIDE OR NOT.**

**WE KNOW THAT EVERYONE CAN USE EXTRA HELP AND RESOURCES IN THIS UNCERTAIN TIME.**

**THAT'S WHY WE CREATED THIS GUIDE. WE HOPE IT HELPS YOU.**





## HEY, PARTNER? YOU'VE TOTALLY GOT THIS.



Supporting someone in labor - especially if you haven't seen birth before - can be a little intimidating. But with the right resources, you can be a phenomenal source of comfort for your birthing person.

## PACKING FOR GO TIME



With limited visitor policies in place, think about what you need to stay connected to each other and/or to your doula (if you have one).

- Make sure you have extra-long cord chargers for your devices
- See if you can turn your phone into a hotspot before labor, in case hospital WiFi is overwhelmed
- Purchase a [flexible arm mount](#) to hold a device for you
- Pack headphones to have private conversations

## COMFORT TECHNIQUES



There's so much that you can do to support your person in labor. The most important thing is to encourage them and be a calm, steadying presence. Keep them super well-hydrated throughout labor and try a warm shower for pain relief. For physical comfort, here are some techniques that you can practice so you're prepared when labor starts.

### COMFORTING TOUCH

Think steady and firm pressure during contractions, and massage in between. Check out these amazing [\(free\) videos](#) from Yiska Obadia to practice at home..

### TAKING CHARGE

When labor gets intense, it might feel overwhelming to the person birthing. If they get panicky, you can ground them by taking the lead on reassuring them. Check out [this awesome video](#) from Mama Maya Doula on how to do it.

## BREATHING



### KEEP IT SLOW AND KEEP IT STEADY

Remind your birthing person to slow their breathing down - deep, slow, even. You can make eye contact and breathe with them as a guide - they'll mirror you. If they get a bit "panty" in later labor, it's okay, as long as they're still breathing!

### GO LOW, NOT HIGH

If your person is making high-pitched or whining noises, try to redirect them to lower tones. It's harder for someone to tense up when they're keeping their sound deep and low.

### RELAX, RELAX, RELAX

Instruct your birthing person to soften their eyebrows, relax their forehead, and release their jaw. It helps to melt tension, and it's especially useful between contractions to encourage rest.



## KEEP IT POSITIVE



Often, a laboring person starts to doubt themselves. They've been working hard, they're tired, and they don't know when labor will end. Use these phrases to calm and encourage them.

- You are so strong.
- You are in a safe place.
- I know that you can do this.
- We see how hard you're working.
- Everyone here believes in you.
- Your body knows what to do.
- I am right here with you: breathe with me.

## ABOVE ALL...

### WHEN YOUR BABY ARRIVES, SOAK IT IN.

Tell your birthing person that they're a hero. You are too. Congratulations!

### RESOURCE CREDITS

[Yiska Obadia](#) | [Maya Hernandez](#)

### THIS GUIDE WAS CREATED WITH LOVE BY:

Courtney Hart & Madeleine Lodge  
Birth & Postpartum Doulas  
Certified Lactation Counselors

[www.onesweetworldbirth.com](http://www.onesweetworldbirth.com)  
[www.modernholisticbirth.com](http://www.modernholisticbirth.com)

