

# **41 Ways a Labor Partner Can Help**

## **In early labor, a partner can:**

- \* Help you get ready for labor
- \* Encourage you with positive comments
- \* Make you something light to eat or drink
- \* Play cards, watch TV with you, find other diversions
- \* Suggest a shower
- \* Remind you to relax and focus

## **If you are having trouble keeping in focus, a partner can:**

- \* Reassure and praise you
- \* Hold an object or picture for you to focus on during contractions
- \* Suggest a walk or a position change
- \* Ask extra people to leave the room
- \* Place hands on your face and breath with you

## **If your abdomen hurts, a partner can:**

- \* Remind you to go to the bathroom often
- \* Help you change positions
- \* With a light touch, massage your lower belly and thighs

## **If you are having trouble relaxing, a partner can:**

- \* Place a hand over your hand
- \* Have you shake both hands in the air
- \* Touch you and remind you to relax
- \* Talk about a relaxing time
- \* Play music that helps you relax

## **If you have hot flashes, a partner can:**

- \* Wash your face and neck with a cool, wet cloth
- \* Give you ice chips
- \* Fan your face and body
- \* Suggest a cool shower

## **If your back hurts, a partner can:**

- \* Help you change positions
- \* Put a warm cloth on your back
- \* Put a cold cloth or ice pack on your back
- \* Press on your back with hands, tennis ball, pop can, etc.
- \* Sit back to back with you so your backs can press together
- \* Have you lean against the hurt with your own fists
- \* Help you stand and lean against the wall
- \* Help you get on you hand and knees and rock back and forth

## **If your legs and arms shake, a partner can:**

- \* Hold you steady so you feel more in control
- \* Use a soft touch or long, firm stroking on your legs and arms
- \* Rub your feet and hands
- \* Put a warm blanket on you

## **If your contractions stop, a partner can:**

- \*Talk about labor and encourage you
- \* Tell you how strong you are

- \* Suggest a hot shower
- \* Help you take a walk
- \* Rub your back
- \* Help you rest and relax