

HOW YOUR PARTNER CAN SUPPORT IN LABOUR

BEFORE LABOUR BEGINS

Pack the hospital bags together

Know how to get to the hospital & where to park

Have all the details to check in at the hospital

Birth plan together - understand what is on the birth plan & why

Practice coping strategies together during pregnancy

Be supportive of the birth preferences

EMOTIONAL SUPPORT & ATMOSPHERE

Be present & attentive - avoid phones & other distractions

Some eye contact & have a look of confidence

Limit asking questions - just offer gently and she will follow her instincts to reply

Be the cheerleader & motivator

Remind her of her WHY!

PRACTICAL SUPPORT

Look after yourself - rest & eat

Set up the birth space, turn off the lights

Physical coping strategies (see coping strategies list)

Boost oxytocin - soft touch, hugging, kissing (best in early labour)

Protect the space - keep it private, avoid unnecessary people, field texts or phone calls

Be the provider - water, snacks, cold washer

Breathe with her when things are intense - slow it down



**Acupressure
Points**



**Acupressure
Guide for Pain
Relief, Labour
Inducing,
Nausea, etc**



**Partner
Hug & Lean**



**Supported
Squat**



Belly Lift
(counter pressure
for relief)
Lift & Tuck
(if high head)
Penguin Waddle
(if high head)



Shake the Apple Trees
with Rebozo or Hands



Belly Lift with Rebozo

TOUCH

Natural Oxytocin Booster

Counter Pressure for Pain Relief

Remember to practice in pregnancy to provide feedback for pressure strength and locations.



**Light or Firm Touch
Massage**



Body Squeeze



**Hip Squeeze
With Hands**



**Hip Squeeze
With Knees**



Sacral Pressure