

# LABOR CHEAT-SHEET FOR PARTNERS

*(how to show your love to your lady during one of the most intense moments of your life together...)*

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## **Your primary goal in labor: to love her and love on her.**

When you feel overwhelmed or anxious, use stress-coping techniques to calm yourself down.

Take care of your physical needs as much as is possible so that you can bring your best self (food, hydration, rest, bathroom).

If labor begins at night, suggest she drink a *big glass of water* and take a *warm, relaxing bath*.

Then help her go back to sleep with a *massage*.

You both should sleep every chance you get: there may not be another opportunity to sleep for a long time. Play music that helps her relax or massage her scalp, shoulders or back.

**If labor begins during the day, take her to a place you both love where you can get used to labor together. - Alternate walking and napping throughout the day.**

Wear something she likes. Keep in close, relaxed physical contact with her.

Keep your teeth brushed, and some mints or gum on hand.

(Laboring women can be sensitive to smells.)

Run her a bath or shower.

Light some candles.

Pour water over her back or belly.

Take responsibility for making arrangements (pet or child care, phone calls, etc) so she has nothing to think about except being in labor.

## **Minimize phone use (texting or otherwise).**

## **Avoid focusing on the machinery or screens at the hospital.**

As labor progresses, help her relax by encouraging her to let her body “go limp” or “soften”. Use firm, steady touch to reassure her. Convey love through your touch.

Synchronize your breathing with hers if she starts to panic  
– help her to slow her breathing.

*Don't be embarrassed to use common endearments  
(even with your doula, caregiver or nursing staff around).  
She needs to hear them from you!*

Once she is pushing, get your body close to her somehow  
so *she feels your support* and reinforcement.

Support her head while she pushes by putting your hand under her pillow.