

Tips for Birth Partners

FAT AND pregnant

ALL OF LABOR

- Remind to use toilet regularly
- Offer food + drink
- Remind mom/parent that they are doing amazing! They are strong, safe, they can get through each contraction, one at a time.
- Encourage slow, deep breathing
- Help advocate with the birthing person and encourage BRAIN decision making

EARLY LABOR

- Help prioritize rest
- Encourage activities that take focus off of labor- walk, movie, cook/bake, intimacy, nap
- Pack any last minute items for the hospital
- Organize transfer to hospital/birth center
- Ring midwife or doula
- Organize hypnobirthing tracks and/or music

ACTIVE LABOR

- Be mindful of when you speak. It may be easier to communicate between vs during contractions
- Create the warm, cozy, safe space the birthing person needs. Protect the birth bubble.
- Keep mom comfortable (pillows, blankets, birth ball, fan, peanut ball, etc.)
- Encourage change of position (UFO optimal)
- Counterpressure on back/hips, massage as preferred

TRANSITION

- Ensure mom is heard and decisions are respected
- If an epidural is administered, turn mom from side to side every 30 min.
- Offer words of encouragement and motivation
- If surges are very intense, you may breathe through them with birthing person

PUSHING

- Warm compress on perineum (reduce chance of tearing)
- Cool compress/towel on forehead
- Words of encouragement motivation
- Help get into position desired for pushing
- Offer drinks frequently
- Encourage mom to "let go" of each contractions (promotes rest, regain strength for next surge)