



Role of the support person

What can you do to help the labouring woman?

- Be there
- Stay calm
- Listen to her requests, and to her
- Listen to the midwife and doctor (you may need to remind or recount later)
- Give simple clear directions to her
- Ignore negative remarks; forget what she may say
- Be positive - with words and actions
- Acknowledge pain and her feelings
- Focus on why you are there, try not to lose control
- Massage
- Help with the bath - pour water over her back
- Offer water/ice
- Offer a cool cloth
- Encourage her
- Be involved - she wants you there
- Talk to her
- Help her mobilise
- Stroke her hair
- Do your best
- DO WHATEVER SHE TELLS YOU TO DO (if it will help her, and won't harm the baby)

How will you feel?

- Uncertain
- Frightened/Anxious
- Concerned
- Drained
- Tired
- Sore back, aching feet, thirsty, hungry
- Thrilled
- Excited
- Overwhelmed
- Difficulty understanding her
- Difficulty understanding the staff

Labour - know the process

- What happens
- When
- Who is involved
- About how long

What can you do to help yourself?

- Attend classes to prepare
- Read books
- Attend doctors' visits
- Gain information
- Come in to labour well rested
- Question the midwife, the doctor, and then question again!
- Keep hydrated
- Eat something
- Do some stretches
- Rest if able

Conclusion

- It won't be your easiest day of work, but it will be your most rewarding
- You play a special role. You help make the birth of that baby a more comfortable and pleasant experience for his/her mother, and it gives you a very special bond with that new little person
- We look forward to sharing in and helping you during this special time.

