

10 WAYS TO GIVE PHYSICAL SUPPORT



Our number one rule for physical support is TRY. Don't wait for your partner to ask you for the support. Try these techniques out and listen see if they work. Keep them up if they are working well and stop them if they aren't.

HOLD HANDS

This is one of the easiest types of physical support and yet can be so comforting.

PRESSURE ON LOWER BACK

Place your hand at the base of the spine during a contraction and apply light pressure.

GIVE A WET WASH CLOTH

A cool cloth to the forehead and neck can feel wonderful. Just wring it out well so that it isn't dripping.

FOOT MASSAGE

If she is laboring in the bed, a long foot massage between contractions can feel great.

HAND MASSAGE

This is a nice way to still provide physical support if she has an epidural.

SLOW DANCE

Allow her to rest the weight of her arms and shoulders on you while gently swaying during contractions.

HIP SQUEEZE

Apply pressure to both hips at the same time during a contraction.

LIGHT TOUCH MASSAGE

Gently stroke your fingers from the middle of her back down her shoulders & arms. Stay in the same direction each time.

FANNING

Grab a paper or plastic fan for your labor bag and have this ready when she feels warm.

CUDDLING

Cuddling during labor can increase oxytocin which could strengthen the contractions. Great if labor slows down.