

LABOUR TIPS FOR PARTNERS



1

Be present and responsive to the birthing parent's needs

2

Remind the birthing parent to drink periodically & go to the bathroom frequently

3

Kidney bowl with ice water and several cloths for their forehead or neck can feel great.

4

Practicing massage and other comfort measures before labour starts

5

Know and understand the birth parents wishes for the birth and postpartum and advocate for them when needed.

6

Eat, drink and go to the bathroom when timing permits. This helps to avoid fainting during the pushing stage.