

How your partner/family can support you during childbirth (page 16):

Support from Partner and Others During Childbirth at the Hospital:

The role of the person accompanying you during labour is to support, encourage, and comfort you throughout the process. **The examples of actions they can take are listed below:**

To help you cope with labour contractions:

- Massage
- Assist in walking and moving
- Remind and support changing positions
- Suggest a warm shower
- Help relax muscles and promote rhythmic breathing
- Help stay calm and focused during contractions

To reduce stress and tension:

- Talk to distract you
- Hold your hand
- Smile
- Remind and support breathing and relaxation techniques
- Play calming music
- Reduce bright lights
- Talk about your worries
- Talk about things you do well
- Say encouraging, complimentary, and positive words to boost confidence and motivation

For communication with the birth team:

- Communicate your needs, preferences, and concerns to the birth team
- Relay the birth team's advice to you

For your general comfort:

Don't leave you alone

- Help you change your clothes
- Wipe your hands and face, refresh you
- Remind you to go to the toilet every two hours if there is no risk
- If there is no risk Keep your energy levels high.

However, it should be remembered that these individuals cannot perform medical procedures or make decisions on your behalf.

You should decide in advance who will accompany you during childbirth and what kind of assistance you require and share this with your chosen person. Furthermore, having this person attend prenatal classes with you will enable them to provide more informed support during childbirth and improve their easy communication with the the birth team.

What are the key methods to support and ease childbirth?

Various methods and techniques can be used to facilitate and support the birthing process. These methods can help make childbirth easier, more manageable, and more comfortable by providing both physical and emotional relaxation.

1. Breathing Techniques:

Breathing exercises and breath control can help manage contractions during labour, promote relaxation, and reduce stress levels. As labour progresses, different breathing techniques may be necessary. For example, rhythmic breathing, calm breathing, and short, rapid breaths (shallow breathing) can be used during the dilation phase, while abdominal breathing can be used from the moment the cervix is fully dilated. To use these breathing techniques correctly during childbirth, you need training. You can receive this training from prenatal classes.

2. Bathing and Showering:

A bath or shower can help you feel better and more relaxed in the early stages of labour. Bathing/showering helps you cope with contractions, reduces stress, and shortens the duration of labour.

3. Massage:

Massage performed by your midwife or companion during labour can help relax your muscles and reduce discomfort during contractions.

You can also massage yourself during labour. Simply gently touch your abdomen with your palms using circular, rhythmic stroking motions. Focusing on the rhythm and movement can help your brain “forget” its reaction to labour contractions and help you relax.

Most types of massage are safe during labour, but there are some exceptions. If you have questions about whether massage is safe during labour and how to incorporate it into your birth plan, you can consult your midwife or doctor.

4. Movement and Positions:

Walking and frequently changing positions during the dilation phase of labour facilitates the progress of labour and can speed up your delivery. It also relieves your labour contractions, increasing your comfort and the well-being of your baby.

Trusting your instincts during labour is important. You can sense what your body needs and notice which positions work and which don't. However, remember that lying on your back for extended periods can be harmful to both you and your baby.

Here are some effective positions you can use during the dilation phase of labour:



Some items, such as a grab bar, birthing ball, pillow, and chair, can help you get into a more comfortable position.

5. Using a Birthing Ball:

Using a birthing ball can help you stay active during labour, assume certain positions, cope with contractions, assist the baby's head in descending the birth canal, and shorten the duration of labour.

You will receive training on using a birthing ball at your prenatal class. You should always consult your midwife or doctor before using a birthing ball.

6. Other Methods:

Other methods to help relax your body and mind during labour include acupressure, progressive relaxation exercises, listening to music, dancing, imagery or visualization, mindfulness, and daydreaming.