



Tips for the Support Person

The support person has a very important role. As each labour and birth are different. It is important for you to be prepared.

- Bring snacks and something to drink
- Rest when possible
- It is okay to ask questions and ask for help

Things you can do to help:

- Offer ice chips, food and water as appropriate
- Time contractions
- Listen to mom's needs
- Try touch and massage; adjusting your touch to meet mom's comfort
- Note any tense body parts; encourage relaxation and breathing to reduce tension
- Make eye contact to help gain focus
- At times, you may need to move in closer to help
- Use calm and encouraging words such as "breathe with me" and do the breathing at the same time
- Do a deep breath at the end of each contraction
- Remind her that any vocalization with contractions should be low and deep
- Help mom to change positions

Contractions change as the birth gets closer. If one of the tips from the list stops working, try a new one. You may need to try different tips as the labour changes and the birth gets closer.

Timing contractions

- Some people choose to use paper while others use an app. Here is a sample of how to time contractions.

Contraction Begins (enter time)	Contraction Ends (enter time)	Duration (how long the contraction lasts)	Frequency (time from the start of one contraction to the start of the next contraction)	How Strong was the contraction? (Pick one – mild, moderate, strong, very strong)
e.g. 8:15:10 am	e.g. 8:15:40 am	30 seconds long	-----	Mild
e.g. 8:25:00 am	e.g. 8:25:45 am	45 seconds long	About 10 minutes apart	Moderate