



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 their needs
- Try touch, massage and counter pressure; adjusting your touch to meet their comfort needs
- 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
- Apply hot and cold compress or cool cloth on the forehead
- Help into shower or tub
- Use calm and encouraging words such as “breathe with me” and do the breathing at the same time
- Remind them to take a deep breath at the end of each contraction
- Remind them that making sounds with contractions should be low and deep
- Help change positions and use movement such as walking and rocking

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