

Partner's Responsibilities

These are some of the ways you can help the person you love during labor

H **YDRATION** - offer juice, water or popsicles after each contraction. They might also like watermelon, cucumber, grapes, etc. Dehydration can cause more contractions that are not opening the cervix – pain with no gain!

E **NDEARMENT** - tell them you love them, you're proud of them, they're amazing and beautiful. Remind them that they are strong and they're doing a great job. This is the hardest work there is – acknowledge that.

L **IGHTS** - keep the lights off at home. Ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed. Bright lights make labor last longer than necessary.

P **ROTECTION/Advocacy** - for any procedure you're not sure about, ask, "is my partner okay right now? Is our baby okay? If the answer to both questions is YES, then say, "we'd like a little more time." If they agree, it was not a necessary procedure.

S **OUNDS** - keep the music playing to make them feel at home and block unwanted sounds – always ask if this is the music they wants to hear now. Make three playlists: slow and relaxing, fast and energizing and some middle ground music.