



Birth Partner Support Guide

Being a birth partner is one of the most important roles you'll ever play. You are the steady presence your loved one can lean on during labor, birth, and beyond. Here's how you can offer **physical, emotional, mental, and spiritual support** throughout the journey.

Physical Support

- **Comfort Measures:** Offer massage, counter-pressure, and gentle touch.
 - **Position Changes:** Suggest walking, swaying, using a birth ball, or changing positions to keep labor progressing.
 - **Environment:** Adjust lighting, music, or scents to create a calming space.
 - **Practical Help:** Keep snacks, water, and lip balm handy; apply cool or warm cloths as needed.
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Emotional Support

- **Reassurance:** Remind them they're strong, capable, and safe.
 - **Encouragement:** Use affirmations like "You're doing amazing," or "Your body knows what to do."
 - **Presence:** Stay close, hold hands, and maintain eye contact—your calm energy helps anchor them.
 - **Advocacy:** Speak up for their preferences if they can't, and ensure their voice is heard.
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Mental Support

- **Information:** Help them understand what's happening, explain procedures, and ask questions on their behalf.
 - **Breathing Coach:** Breathe slowly and deeply with them, guiding rhythm if contractions feel overwhelming.
 - **Organization:** Keep track of timing contractions, communicating with staff, and managing logistics.
 - **Problem-Solving:** Stay flexible and supportive if plans change—remind them that adapting doesn't mean failing.
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✦ Spiritual Support

- **Rituals & Practices:** Support prayer, meditation, chanting, or visualization if meaningful.
 - **Sacred Space:** Protect the birth environment from unnecessary stress or disruption.
 - **Connection:** Remind them of their purpose, their strength, and the love surrounding them.
 - **Grounding Presence:** Stay centered and calm—your grounded energy helps them feel safe and supported.
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✿ **Final Note:** You don't have to do everything perfectly, the most important thing is to be **present, loving, and attentive**. Your support can transform their birth experience into one of strength, safety, and connection.