

Evidence-Based Volunteer Labor Support Program

Better. Birth. Experience.

What can a member of our Labor Support Team do to help you?

- Provide a calm, peaceful, supportive environment.
- Suggest non-medical strategies to increase comfort and promote labor progress.
- Help explain procedures using simple (non-medical) language.
- Our goal is to use our knowledge, skills, and compassion to find ways to make your labor and birth more comfortable and more rewarding! ****Our service is complimentary and based on availability.*

According to The American College of Obstetricians and Gynecologists, "Evidence suggests that in addition to regular nursing care, continuous one-to-one emotional support provided by support personnel, such as a doula, is associated with improved outcomes for women in labor." Benefits include shorter labor, decreased need for pain medications, fewer operative deliveries and a decreased need for cesarean birth.

Request a member of our team to support you during your birth!

Supporting Your Partner *During Labor & Birth*

- **Create a safe space:** dim the lights, reduce stimulation, play relaxing music, use aromatherapy.
- **Suggest a shower:** a warm shower or bath anytime during labor is a wonderful way to relax muscle tension & reduce pain. Works best in active labor and can promote dilation.
- **Use your hands:** massage anywhere that feels relaxing - hands, feet, shoulders, legs. You can also try applying pressure to her lower back during contractions, or try the double-hip squeeze.
- **Try distraction techniques:** have her repeat positive phrases, or take her on a journey to a relaxing place, like a beach or the rain forest.
- **Keep it moving:** upright positions and movement in labor decrease pain and make labor more efficient. It also helps the baby get into the best position for birth.
- **Encourage focused breathing:** rhythmic breathing or moaning helps release tension and pain during contractions. Remember, rhythm is key!