

## Support Person's Checklist of Comfort Measures for Labor (based on Simkin)

Homework for support people: review this checklist to ensure you are familiar with each of these techniques. For each one: how is it done? At what point in labor is it helpful? Why is it helpful? Practice these with your partner in advance! Then pack this checklist in the bag you're taking to the hospital so you can use it when you're out of ideas for what to do next.

### Relaxation / Tension Release

- Relaxation
- Roving Body Check
- Touch Relaxation
- Distraction (movies, etc.)

### Breathing

- Yoga Breathing
- Slow Deep Breathing
- Patterned Breathing

### Bearing down

- Avoiding Bearing Down
- Spontaneous
- Directed

### Hydrotherapy

- Bath / Whirlpool
- Shower

### Massage

- Acupressure
- Hand / Foot
- Effleurage (Light stroking)
- Firm Pressure

### Attention-focusing / Mental activity

- Visual focal point
- Music, voice, touch, smell
- Visualization
- Count off 15 second intervals
- Chant, mantra, song, prayer

### Body Positions / Movement

- Standing / Leaning
- Walking
- Lunge
- Hands and Knees
- Sitting Up
- Sidelying
- Semi-sitting
- Supine with tilt to side
- Rocking / swaying
- Squatting / supported squat

### Hot Packs / Cold Packs

- On lower abdomen
- On back
- On perineum

### Specific Backache Measures

- Counterpressure
- Double Hip Squeeze
- Hands and Knees
- Open Knee Chest
- Pelvic Rocking
- Walking
- Rolling Pressure
- Shower or Bath

### Help from Birth Partner

- Suggestions / verbal reminders
- Encouragement / Praise
- Patience / Confidence
- Immediate response to ctx.
- Undivided Attention
- Eye Contact
- Take Charge Routine
- Expressions of love