

Prompts for (Birth) Partners

Things for you to say and do

- “Relax your jaw”. “Let your hands go floppy” “as you go deeper... and deeper... into relaxation, imagine your muscles relaxing and that warm sense of calm that you feel...”
- “Breathe comfortably and breathe deeply. And as you breathe you will go into a state of deep relaxation”.
- “321 relax, relax, relax”
- “As I count, imagine yourself walking down steps to your special place in nature. (Count slowly) 10...9....going deeper 8...7....6....5...more and more relaxed...4...3...2...1...deeply relaxed. Feeling your muscles relax. You are now at your special place in nature.
- “You are doing so well” “Everything is happening as it should” “Your body knows what to do” “Trust in your body” “Relax and let your body take over” “Let it go, feel your body working, bringing our baby closer to us”
- Focus on your breathing. Everything is well. You are safe. We are soon going to meet our baby. Imagine holding our baby in our arms and the joy you feel.
- (Choose a selection of the affirmations, which mum particularly likes. Write them down and use them).
- Use mum’s mantra during surges, again and again. She will not get bored of it! Use your anchor that you have practiced – stroking forehead, squeezing hand, pressing shoulder, breathing into ear.

- (If your partner has a strong wave or tightening – remember that this is positive. She is doing great. If she wants it, you can reinforce this by saying that was a great one, you're doing really well. Remember to do this calmly, slowly, assuredly)

