



Top 10 Tools for Dad

- Eat food and drink water
- Muscle observation
- Find her "rhythm"
- Does she sound/look 7 or 11 months pregnant?
- Help her sound "low"
- Get her in the water
- Keep it interesting
- Baby steps
- Talk her through contractions, if needed
- Be aware of the laboring environment

Reminders When She's in Labor

Questions to ask when given medical advice in labor:

- Is baby okay?
- Is mom okay?
- Is there any harm in waiting?

Helpful tips for pushing:

- IT'S BEEN A LONG TIME – squat
- BABY IS COMING FAST – push on the side
- ASK HER IF SHE IS OKAY WITH THE POSITIONS

Helpful tips in labor:

- FAST LABOR – Get baby OFF cervix, submerge in water, hands/knees
- SLOW LABOR – Get baby ON cervix, chiropractic adjustment, walking, nipple stimulation, stay hydrated, rest/sleep periodically
- BACK LABOR – Counter pressure, hands/knees, chiropractic adjustment
- RIM/LIP OF CERVIX – Hands/knees with one leg raised, patience