

WORDS TO USE DURING LABOR

Which of these words appeal to you? Which make you feel a response? Are there some words or phrases you would prefer to hear only from your spouse? Which do you want to hear from your doula? Which from your midwife or obstetrician?

- ❖ I am proud of you
- ❖ Open
- ❖ Let it flow
- ❖ Softly
- ❖ That's right
- ❖ Let go
- ❖ Blend
- ❖ Make room
- ❖ Welcome the contraction
- ❖ Surrender
- ❖ Good work
- ❖ I love you
- ❖ You're doing everything right
- ❖ Sink into the bed (or water or sofa or chair)
- ❖ Our baby is coming
- ❖ Spread
- ❖ You are strong
- ❖ Open wide
- ❖ Soften
- ❖ Open for your baby
- ❖ Fall away
- ❖ Make more space
- ❖ Let it be there
- ❖ Your baby is coming
- ❖ You are doing it
- ❖ You are so strong
- ❖ Your baby is coming
- ❖ No one could be doing a better job than what you are doing now
- ❖ I am with you
- ❖ Release
- ❖ Let your body work
- ❖ You are beautiful
- ❖ Melt
- ❖ Yield
- ❖ Let the baby come down
- ❖ Flow with it
- ❖ Baby is coming
- ❖ Go into it
- ❖ That's it, just like that
- ❖ You are doing a great job
- ❖ This is just the way it is supposed to be
- ❖ You are fearfully and wonderfully made to do this

Use with caution: Relax here (be specific when directing relaxation)

In transition and pushing:

- ❖ Let the pressure be there.
- ❖ You are stronger still.
- ❖ It will not get bigger than you.
- ❖ The way out is right through the pressure.

Consider reminding her of any visualizations that may be helpful. Does a contractions-as-waves analogy appeal to her? How about scaling a mountain? Picture this:

- ❖ Your cervix spreading, opening for the baby
- ❖ The baby diving through your cervix
- ❖ A flower blooming
- ❖ Ripples spreading outward from a pebble dropped into a pond
- ❖ Blowing away dust and pain with each breath