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# Supportive Phrases & Comfort Menu for Birth Partners

*A practical guide for staying calm, connected, and confident during labor*

**By Klara Annibal, Founder of B Mom**

## Supportive Phrases to Say During Labor

Use your voice to reassure, encourage, and uplift. Simple, heartfelt words go a long way. Use your touch to ground & make your partner feel safe.

### Encouragement

- “You’re doing amazing. I’m right here with you.”
- “Every wave brings you closer to baby.”
- “You’re strong. You’ve got this.”
- “Breathe—we’re in this together.”

### Reassurance

- “It’s okay to feel what you’re feeling.”
- “I trust you. You can trust your body.”
- “Take your time—we’ve got nowhere else to be.”

### Connection

- “Look at me—we’re a team.”
- “What do you need right now?”
- “Would you like me to hold your hand / massage your back?”

## Comfort Menu: What You Can Do

*Every birthing person is different—check in often and be flexible.*

Type of Support	Examples
<b>Physical</b>	Counterpressure on lower back, hip squeezes, massage, holding hand, helping change positions, warm towel, water or snack breaks
<b>Emotional</b>	Eye contact, holding space for tears, reminding them they are safe, calm affirmations
<b>Environmental</b>	Dimming lights, playing soothing music, diffusing essential oils (if allowed), offering lip balm or cool cloth
<b>Advocacy</b>	Asking questions on their behalf, reminding staff of birth preferences, creating quiet space



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## **Tips for Being a Present Birth Partner**

- **Be Attentive:** Watch body language and listen for what's *not* said.
- **Stay Grounded:** Practice deep breathing with them.
- **Silence Helps Too:** Sometimes presence is more powerful than words.
- **Check In Often:** “Would you like a sip of water? A change in position? Music?”
- **Hold your partner**

## **Want More Support?**

Our **Supportive Partners Package** includes:

- Video lessons on labor support techniques
- Downloadable prep checklist & partner birth plan
- Access to our private chat for Q&A with Klara  
Available May 31st [www.b-mom.org](http://www.b-mom.org)

**B mom | Klara Annibal | Founder**

*Empowering families for birth and beyond*