

By Her Side App

▼ Home page

- Birth due date countdown
- Guided Module through app content

▼ Pre-Labor Checklist

- health insurance
- car seat
- Hospital bag

▼ My Collection

- Saved Pregnancy Support tips
- Saved Labor Support tips
- Saved Postpartum Support tips

▼ Explore

▼ Pregnancy Support

▼ Trimester Support

- Try to eat healthy foods
- Encourage her to take breaks and naps
- Take walks together
- Encourage and reassure her
- Show affection
- Go with her to doctors visits
- Go to childbirth classes
- Help with lifestyle changes by making adjustments to your lifestyle (alcohol, caffeine)
- Be open in changes to how you express intimacy

▼ Labor Support

▼ Interactive

▼ Pain management

- Counterpressure
- Hand massage

- TENS Massage unit
- Medical intervention
- Rebozo techniques
- ▼ Hands Off
 - ▼ Mantras
 - "One contraction at a time"
 - "You are powerful"
 - "You're already doing it"
 - "Nothing you've done has ever been worth more than this"
 - "Your body and our baby know what to do"
 - "Go deep"
 - "You and [insert baby name] are the perfect birth team"
 - "Keep breathing"
 - "You're doing better than you think"
 - "Your body was built for this"
 - "This pain has a purpose to bring our baby to us"
 - "Breathe in strength, breathe out tension"
 - "Your body and our baby are healthy and strong"
 - "Every moment brings us closer to our baby"
 - "It seems impossible until it's done"
 - ▼ Relaxation and Breathing techniques
 - Paced breathing
 - Breathing through transition and pushing
 - ▼ Movement
 - Standing or Walking

There's a great reason to get vertical: It helps you work with gravity, allowing your pelvis to open and your baby to move down into your birth canal. Walking is something you'll be more likely to do early rather than later in labor since it'll be harder to head for the corridors for a few laps once the contractions are coming one right after the other. Standing, however, is something you can do at any point during labor. Leaning against a wall or your partner for support during contractions is best, since it's not that easy to stand up straight when you're getting squeezed

down below.

- Swaying
- Dancing

▼ **Laboring positions**

- **Slide-Lying**

Better than lying on her back because it doesn't compress the major veins in her body (which could compromise blood flow to your baby), side lying is a good option if she's too tired for squatting or sitting. Lying on her side also puts you in a good position to put massage techniques to use. Side-lying can also be a good delivery position — it can help slow a too-fast birth, as well as ease the pain of some contractions.

- **Hands and Knees**

Going on all fours is another way to cope more comfortably if you're experiencing back labor. This position allows you to do pelvic tilts for comfort, while giving your partner great access to your back for massage and counterpressure. Many moms like to deliver in this position no matter what kind of labor they're having, since it opens up the pelvis and uses gravity to coax baby down.

- **Leaning over or Kneeling**

Leaning forward — over a stack of pillows on a bed, for instance — or kneeling over a chair or birthing ball can be super helpful when you have back labor (when the back of the baby's head is pushing against your spine) because it encourages the baby to move forward, taking the pressure off your back. Alternatively, you can lean over your partner's shoulder to relieve some of that pressure.

- **Sitting**

Sitting — in bed, in your partner's arms or on a birthing ball — can ease the pain of contractions and allow gravity to assist in bringing your baby down into the birth canal. Sitting also helps to open up your pelvis, and it's a lot easier than squatting for long periods.

- **Squatting**

You'll probably use this position only late in labor or during delivery itself. Like standing, squatting also employs Newton's finest while opening up the pelvis to give your baby more room to move on down. You can use your partner for squatting support (you'll probably be a little wobbly, so you'll need all the support you can get), or you can use a squatting, or birthing, bar, which is often attached to the birthing bed (leaning on the bar will keep your legs from tiring out as you squat).

- **Rocking**

Rocking, either on a chair or swaying back and forth, allows your pelvis to move and encourages the baby to descend (down, baby, down!). And the

more upright you are, the more gravity is able to help you out.

▼ Environmental Support

- Visual Aids - Pictures of Quotes, Mantras, or family pictures
- Hang white Christmas lights
- Aromatherapy
- Candles
- Create labor Playlist
- Birth hypnosis tracks

▼ Postpartum Support

- Postpartum depression