

A COMPANION OF CHOICE IS RECOMMENDED FOR ALL WOMEN THROUGHOUT LABOUR, CHILDBIRTH, AND THE IMMEDIATE POSTNATAL PERIOD



Emotional support: comfort the woman in labour

- ✓ Encourage her and massage her back to ease the pain
- ✓ Wipe her brow, neck, or chest with a wet cloth or fan her to keep her cool
- ✓ Talk to the woman, tell her what is happening, and help her understand what the midwife is saying
- ✓ Encourage her to empty bladder every 2 hours, take a shower in early labor if she chooses
- ✓ Do not leave the woman alone; assist her to walk around in the early stages
- ✓ Help the woman to relax between contractions and do breathing techniques



Communication

- ✓ Listen to the midwife's instructions and make sure the woman understands them
- ✓ Help the woman ask questions about her care, and make sure she gets the information she needs
- ✓ Make sure the midwife hears and responds to the woman's requests (for example, asking for painkillers)



Food and water

- ✓ Prepare food and water, keep it close by. If necessary, feed the woman or help her drink water.



Monitor

- ✓ **Bleeding:** After delivery, regularly ask the woman and check the bed for bleeding. Tell the midwife if there is blood.
- ✓ **Other danger signs:** if woman feels drowsy or collapses, feels faint, convulsions, tell the midwife if you have any concerns



Baby care

- ✓ Ensure skin-to-skin contact is maintained
- ✓ Support immediate breastfeeding initiation
- ✓ Report bleeding from cord and difficulties in breathing
- ✓ Help the midwife dress, take care of, and check the baby.
- ✓ Help woman to breastfeed early and frequently
- ✓ Do not separate mother and baby (unless medically indicated)



Extra pair of hands

- ✓ Don't go far from the delivery room and help the midwife whenever necessary."
- ✓ Remind the midwife when the patient is due for assessment



Torch bearer

- ✓ Switch on the light when the midwife is checking on the mother and during delivery, if required.