

# EMPOWER BIRTHS – The Tools For Labor

As you prepare for labor and birth, you will undoubtedly be confronted with information-so much information that at times it may seem overwhelming. The husband/partner is then responsible for retaining that information in order to help to guide the mother through the birth experience. Hiring a doula can help to sort out all the information and know the appropriate times to use each tool or technique. However, if you are unable to hire a doula or choose not to, remembering the acronym "**EMPOWER BIRTHS**" can help you remember the most important tools for labor.

**E - Encouragement**

**M - Massage**

**P - Position**

**O - Open Mind**

**W - Walking**

**E - Empty Bladder**

**R - Refreshments**

**B - Breathing -**

**I - Imagery**

**R - Relaxation**

**T - Trust**

**H - Honor the Process**

**S - Surroundings**

