FOR THE ONE BESIDE HER

Five Things to Say in Labor

Keep it short and say it softly, between contractions. Say one, then let her lead. A steady hand and a little quiet count too.

1. *"You're so strong."*
   Why: When it gets hard, hearing it out loud helps her believe it. Say it more than once.

2. *"There's no rush. Take your time."*
   Why: Labor keeps its own clock. If you're calm, she knows she doesn't have to hurry.

3. *"What would help right now?"*
   Why: Ask, then actually listen. She's the expert on what feels better.

4. *"I love you. I'm so proud of you."*
   Why: It reminds her who's on her side. Look at her when you say it.

5. *"God's right here with you. So am I."*
   Why: One short word of faith can steady you both. Then let the quiet do the rest.

Honor her requests. If she clearly asks for pain relief or a change in the plan, help her ask her care team, and never pressure her either way.

"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

JOSHUA 1:9 · KJV

Emergency: call 911 and follow your care team. This page is faith-based encouragement, not medical advice. Always follow the guidance of your midwife, doctor, and care team.

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