



## Providing Hands-Off Labor Support During Social Distancing

### Choose any of the following online platforms:

- Phone video (Facetime)
- WhatsApp video
- Facebook Video call
- Zoom video
- Facebook Live video

### Explain the value and eliminate your client's resistance:

*Are you familiar with the saying "fake it till you make it"? Studies show that our attitudes often follow from our behaviors, as opposed to the other way around. Our body and mind are connected and by behaving in a certain way you are inviting the mind to follow. This is exactly what we do when we use labor support tools. That means assuming the body language of a powerful and reassured person can make you feel confident.*

### Combine a meeting plan based on the following supporting strategies:

Inquire with your clients how often they want to meet with the goal of supporting calmness and a positive mindset. You may choose to provide your support services for your clients in group sessions or individually (depending on the platform you chose).



### Birth Support Coaching Course



- Lead your clients to begin every day by stretching and lifting their hands up in the air in a **V** shape. The **V** is a symbol of victory and this pose was found to be natural for humans when they celebrate a victory, overcome a challenge or celebrate success. Even blind people who have never seen anyone do that will lift their hands in a **V** shape when they feel successful or victorious. Suggest that your clients repeat this exercise when they feel anxious.
- Lead a 15-minute breathwork circle and end it with gratitude to our lungs.
- Lead a 15-minute visualization taking a tour in nature. Imagine creatures that clear and clean the air, plants, roads, surfaces and everything around us from viruses and other harming particles.
- Share guidelines for writing a positive affirmation with the topic of staying healthy and connected.
- Offer to lead a daily 15-minute dance circle with movements that release negative feelings and fear and increase confidence. You may integrate some empowering poses in the dance, such as hands in the air in a V shape pose, or the "Wonder Woman" power pose - you stand with your feet apart, your hands on your hips and your chin tilted upward. Spiraling your body is very freeing. You may consider integrating the spiritual warrior yoga pose in the dance as well.
- Tapping on one's chest or on one's ribcage from both sides of the body is known to reduce anxiety. Monkeys tap on their chest and ribcage to feel confident and to communicate the message of being powerful to a potential enemy.



- Vocalization: vocalization is used as a release mechanism. Combine the idea of tapping on the chest while groaning and you got yourself a winning release mechanism. Once the negative emotions are released, they give way to the positive ones.
- Demonstrate or share printed guidelines for gentle massage couples can give each other and their kids. We know the miracle of touch.
- Share the fairy hypnosis poem with parents.
- For clients with sleeping difficulties, suggest that they massage the area of the third eye, where the pineal gland is, in order to release melatonin. The same effect can be achieved when they practice the prayer yoga pose and press their forehead to the mat.



Buy the guide

*The Art of Coaching for  
Childbirth*

Provide hands-off labor support  
right away! Visit  
[www.BirthCoachMethod.com](http://www.BirthCoachMethod.com)

Fairy, fairy, prove to me,  
just how easy this can be.  
I'll close my eyes and see you smile  
and watch you dancing all the while.  
While you're dancing in the light,  
everything will be alright  
Fairy, fairy, prove to me,  
just how easy this can be.

