

HOW YOUR PARTNER CAN SUPPORT



- Get informed, do your research
- Practice together during pregnancy to prepare for labour
- Make a birth plan / map together
- Be supportive of their birth preferences
- Back the hospital bags together so you know where everything is
- Know how to get to the hospital, where to park
- Have all the details ready to give reception once you arrive
- Rest in early labour
- Set up birth space
- Turn off the lights
- Understand that discomfort and pain in labour does not need fixing, you do not need to save
- Be cheerleaders and motivators
- Remind your partner of how well they are doing, how far they have come
- What you do and say has a huge impact on labour outcomes and self-belief
- Be a protector of the birth space
 - keeping it private
 - avoid unnecessary people
 - field texts or phone calls
- DON'T ASK QUESTIONS, just offer
- Provider of needs
 - offer regular water, snacks
 - cool washer to the face
- Be present in the space. Just be near, even if you just sit there your presence can be helpful. Avoid being on your phone just for the sake of it.
- Supportive labour positions you can do together
- Be understanding of outbursts and take it on the chin
- Breathe with her, especially when things are becoming more intense, slow it down
- Be intimate to boost oxytocin
 - soften touch, hugging, kissing
- Use a low, soft, confident voice
- Skin-to-skin with baby after birth when birthing mum cannot
 - Skin-to-skin with the partner within the first 24 hours of birth actually rewires your brain for parenthood