

Go to's for

BIRTH PARTNERS



You Matter Too!

While everyone is focused on mum and baby, birth partners play a very important role! Making sure you feel prepared and ready can help ensure that you can be the best birth partner!

Ask questions if you don't understand something, take time to go for a walk if you need to clear your head, and focus on your role in the birth.

How to Prepare

Discuss birth plan and preferences with mum

Know what to expect; attend antenatal classes (you can find some online if you're unable to go to in person ones)

Review relaxation ideas with mum

Prepare your own bag- see list below for ideas!

Apps and Websites

Contraction Timer and Counter 9M
www.bestbeginnings.org.uk



Remember

You are mum's best advocate. She feels safe with you, and you know her best. Don't be scared to speak up on her behalf, or remind the healthcare providers of preferences she has.

Even though it is important that mum and baby are safe and well, it is important that you are too! Once mum and baby leave hospital/midwives leave, you are their support. It is so important that you feel OK.

Staff are always able to explain things to you, even after the birth. If you need support after the baby is born, it is important that you reach out. There are lots of support groups, organisations and professionals that can help you with this big transition.



Check List

- Phone and Chargers
- Snacks, water/juice
- change of clothes
- toothbrush and toothpaste
- loose change for vending machines and parking
- pillow
- hand held fan
- slippers or comfortable shoes

