

HOW TO BOSS BEING A BIRTH PARTNER

1

KNOW YOUR STUFF

Attend a class together & read as much as you can about birth. Understanding what is going on will help you to relax & know how to support your partner.

CO-CREATE THE BIRTH PLAN

Create the birth plan together, this will ensure you understand your partners birth choices.

2



3

PROTECT THE BIRTH SPACE
Make sure your partner feels safe, so they can produce all the amazing hormones they need for birth. Learn some massage, play some calming music & use gentle words of encouragement.

BE THEIR ADVOCATE

Don't be afraid to stand up for your partners rights (check out AIMS & Birthrights).

Ask questions, ask for evidence & use your BRAIN.

4

LOOK AFTER YOURSELF

Just like your partner needs to eat, drink & rest - so do you. Make sure you pack lots of food & drinks to keep you going & when she is resting, make sure you do the same!

5

Birth partners are so important! You really can make such a huge difference to your partners experience.

If you feel like you would like some support, please get in touch. I offer a selection of antenatal classes & workshops that are designed to make you feel informed, confident & prepared.



Vicki x

