

On the day

For the mother

- Be in awe of your body as it does its thing.

For the (birth) partner

Practical Partner

- Three step hospital room changer (lights, music, aromatherapy)
- keep her comfy (if mum is comfy then baby is comfy)
- use anchors: loving touch, smell, words, music on repeat
- make the phone calls to midwives
- provide the chocolate, drinks, cushions etc.

Protective Partner

- Have copies of birth plans to hand
- Communicate with the midwives, helping to ensure that any medical interventions that are offered are right for your partner and baby

Mindful Partner

- Calm body, calm mind
- Control what you can control, let the rest go
- Be beside her and be prepared to just “be”, not to fix things
- Your presence is powerful
- Enjoy the moment, it will never happen again