



Birth Partners

Supporting your birther

Birth Partners have a huge role! Birthing people often look to those they love for the most support - and that can be a lot of pressure if you've never experienced birth before. Here are some ways you can help your partner navigate labor, make good decisions, and have a positive experience.

Use B.R.A.I.N.

Benefits

What are the benefits of this intervention/suggestion?
How will it impact me or baby?

Risks

What are the risks of this intervention/suggestion?
How will it impact me or baby?

Alternatives

What are the alternatives of this intervention/suggestion?
Are there other options available?

Intuition

What is my gut telling me?
How do I feel about this?
I know myself better than anyone.

Nothing

I need more time.
What if we do nothing?
What if we wait and see?
Can this be delayed?
Do I have time to think about this?
Do I have time to talk with my team about my choices?

Know what to Expect

Every birth is different, but there are some things that happen that can be scary or surprising if unexpected!

Here are some common things that happen in birth that are NORMAL:

- When the birther starts shaking due to hormones, big change is happening!
- The messier it gets, the closer to meeting baby we are; pee, vomit, poop, blood and amniotic fluid are all very normal.
- Moaning, screaming, or silence are all welcome in labor IF the birthing person feels safe and supported.

Be Intuitive

No one knows the birthing person like you - so try to be intuitive of what they need.

Ways to help:

Make a playlist, refill refreshments, set the mood, give massages, give words of affirmation, give loving touch, get intimate, etc.

Ways to stay focused:

Take breaks, take naps, take turns for meals, restroom, and physical support with the doula

Being intuitive is easier said than done, I recommend talking with the birthing person prior to birth about things that would be helpful, specific things they would like you to say or not say, do or not do, or jobs to be in charge of.

Above all, trust the birthing person!

They know themselves, their body, and their baby better than anyone.