

# BIRTH PARTNER HELP LIST

## HANDY TO KNOW BEFORE BIRTH:

- Early signs of labour
- Understand contractions and when it's time to leave for hospital
- Know how your partner would like to be supported during labour e.g massage, TENS machine, music, lighting.
- Understand your partner's birthing preference
- Breathing techniques
- Familiarise yourself with the birth plan (if mama is using one)
- Familiarise yourself with the hospital and know drop off location, where to park and location of the birthing suites

## TIPS TO SUPPORT MAMA DURING LABOUR:

- Try to do all the talking with the nurses so your partner can remain focused on labour
- Ensure the room is a comfortable temperature and lighting is dim
- Refill water and encourage your partner to take regular sips
- Offer easy to eat snacks when allowed
- Offer soft touch massage
- Go through suggested list of pain relief options that mama has opted for (e.g tens machine, hot shower, birth pool, acupressure)
- Play music from labour playlist
- Remind mama to breathe and guide through breathing techniques
- Tell her you're proud of her
- Try to remain off your phone and focused on your labour

## BIRTH PARTNERS HOSPITAL BAG:

- Medicare cards/ private health details
- Toothbrush and toothpaste
- Bottle of water
- Phone charger
- Labour playlist downloaded on phone
- List of people to contact when baby arrives
- Most importantly, don't forget to pack mama's bag and baby bag in the car!