

# BIRTH PARTNER'S ROLE

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As a birth partner you have the honour of being present as a baby is born, one of the most incredible moments you'll ever have! It's up to you to get prepared as best you can to help support a person you love as they birth their baby. You are such a bloody important part in all this! The practical and emotional support you can give and the continuity of care that you provide can do so much to help birth along the way. The way you feel about birth and your mindset will have an impact on the big day. You gotta do whatever you can to feel confident in your ability to support birth and take an active role. This will mean that the birth space is full of positive energy and lovely and calm. You are going to work as an amazing team and look back on this for the rest of your lives! You'll have your own positive birth story to tell! Get ready to get that oxytocin flowing!

## DURING THE PREGNANCY

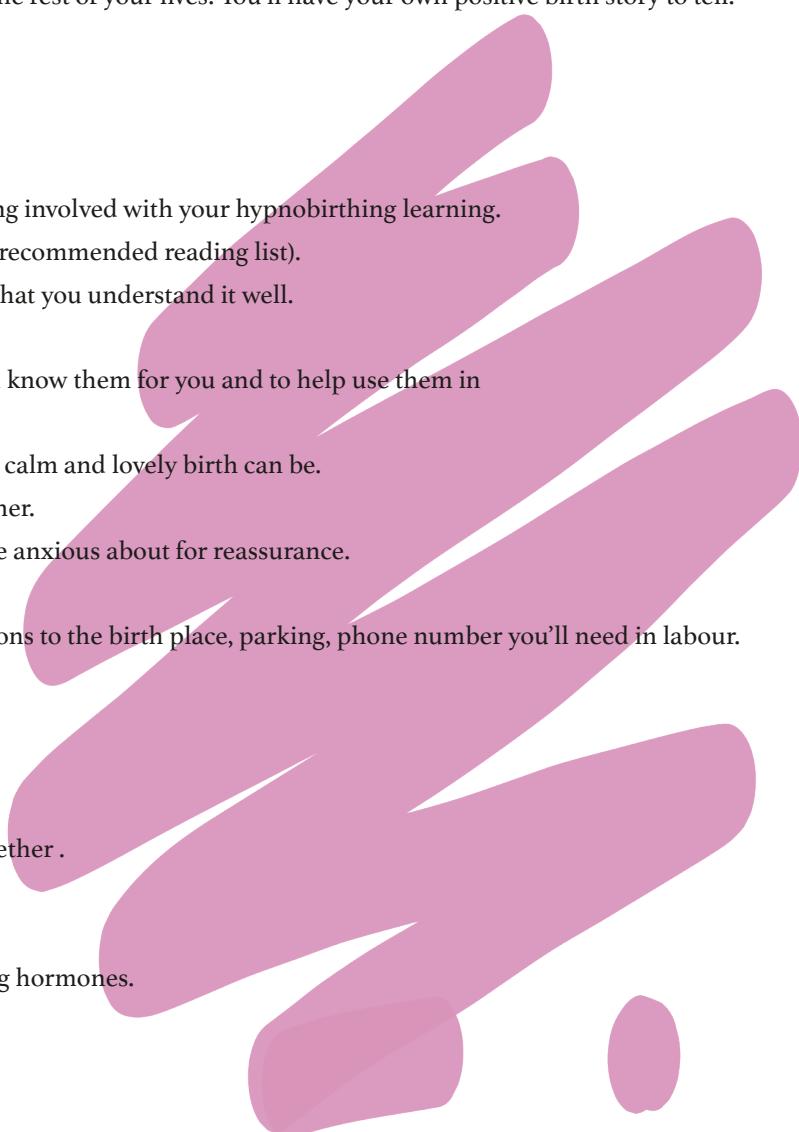
- Get informed about birth by really getting involved with your hypnobirthing learning.
- Read birth related books (check out our recommended reading list).
- Be involved in writing the birth plan so that you understand it well.
- Listen to the relaxation MP3s regularly.
- Practise the breathing techniques so you know them for you and to help use them in labour.
- Watch positive birth videos to show how calm and lovely birth can be.
- Complete the fear release exercise together.
- Do research about the things you may be anxious about for reassurance.
- Practise your massage techniques.
- Find out the practical details like directions to the birth place, parking, phone number you'll need in labour.

## USE TOOLS FROM THE COURSE

- Aid visualisation with prompts.
- Remind of breathing techniques/ do together .
- Use affirmations.
- Find mp3s to aid relaxation.
- Manage environment to support birthing hormones.

## OXYTOCIN GENERATOR

- Make laugh
- Hugs
- Kisses
- Massage
- Nipple and clitoral stimulation
- Put something funny on (TOP TIP- our number 1 go to is My Dad Wrote A Porno the podcast)
- Talk about funny stories/ embarrassing moments from the past.



## PRACTICAL STUFF

- Dry run of the hospital journey or birth space set up if home birth- know where to park and how to pay for it, what entrance to to use etc.
- Help to pack bags to ensure you know where everything is when its needed
- Pack the car to travel.
- Set up birth space at home or other setting with affirmations, comfort items, lights etc.
- Do birth preference together and know what everything means and why it has been chosen.
- Create a playlist or two for the day, uplifting for early labour and calming for later on.

## EARLY LABOUR

- Make yummy mood to give energy.
- Spend time being romantic/ cuddling as appropriate.
- Watch funny stuff together.
- Go for a walk or out for lunch.
- Do a silly dance routine (or a serious one if you're pros!).
- Keep an eye on how far apart surges are, if timing, keep the times to yourself.
- Listen to when they wish to go to hospital/ be seen by a midwife and help sort that out.

## ACTIVE LABOUR

- When midwives arrive or you arrive at the birth setting then talk them through what's been happening so far.
- Explain birth plan A and answer any questions.
- Set up the space with everything to support the birthing hormones, blackout blind, lights, sign on the door etc.
- Manage birth environment- who's in the room? Must they be there? Are they being kind and quiet?
- Advocate with the care providers when needed, remind them of their use of language and the birth plans.
- Help with giving food and drink.
- Be in charge of the music/ mp3s.
- Suggest going to the toilet and regular position changes.
- Use cool or warm facecloths to keep comfortable.
- Look out for signs of transition and give loads of encouragement.
- Provide cheerleading when necessary.
- Help decision making using BRAIN to get all the information needed.
- Make sure the birth plans are carried out where possible or present plans B or C where needed.
- Look out for tension in the jaw, shoulders etc and help to relax.

## WHEN BABY ARRIVES

- Help to facilitate skin to skin by helping remove clothes or even helping to hold baby there
- Ensure birth preferences are adhered to with choices after birth eg. placenta, vit K etc
- Help to fetch items from bag such as clean clothes, maternity pads etc.
- Enjoy skin to skin with baby whilst birther gets themselves dressed/ uses the toilet/ has a shower etc.
- Help facilitate breastfeeding if this is what is wanted, be encouraging, do what you can to take care of the less important things around them.
- Be involved in nappy changing, getting dressed and holding baby while they sleep, this helps your bond with baby and also is a great help during recovery from birth!

