

Labour and birth can be intense, overwhelming, and empowering. Dad, this is where you can take the opportunity to really shine. If you are uncertain on how to support your partner during labour and birth, worry not as **YOU ARE NOT ALONE!** Follow the tips below to feel more confident :-

1. If she is in pain / stressed / anxious / fearful / warm / hot / tired / exhausted

- ✓ Offer her soft touch massage
- ✓ Offer her to walk a bit together
- ✓ Offer her some food/drinks
- ✓ Suggest changing positions
- ✓ Suggest a shower
- ✓ Suggest to put on a hypnosis
- ✓ Remind her to breathe well
- ✓ Remind her to relax her jaw
- ✓ Remind her to relax her muscles
- ✓ Talk to her about anything to keep her mind off
- ✓ Tell her that she's doing a good job
- ✓ Hug/hold or stroke her hair
- ✓ Tell her that you love her
- ✓ Tell her that you are proud of her and she's amazing
- ✓ Get a cold cloth for her forehead/neck if she's warm or hot
- ✓ Turn off the lights so she can try to sleep
- ✓ Suggest to turn on relaxing music

2. When contractions start

- ✓ Let her sleep as much as possible
- ✓ Relaxed breathing between contractions
- ✓ Deep breathing during contractions
- ✓ Pack the rest of the bag (refer to checklist 2.0)
- ✓ Call the doctor when contractions are every 4 minutes, 1 minutes long for 1 hour)

3. When getting to the hospital

- ✓ Do all the talking and checking in
- ✓ Stay with her until completely settled in
- ✓ Putting on her favorite dress
- ✓ Give her water or something to eat

4. When pushing stage starts

- ✓ Remind her of the breathing
- ✓ Hold her in some way
- ✓ If it hurts, suggest a change in position

5. When the baby is out

- ✓ If possible lie, next to her
- ✓ Hold her and the baby
- ✓ Tell her that she did a great job for delivering you little ones (I love you)
- ✓ ALWAYS stay with the baby, no matter what
- ✓ Cut the umbilical cord after it stops pulsing

6. After 2 hours of quality time

- ✓ Stay with the baby when the doctor checks her out
- ✓ Ask them to not bath the baby
- ✓ Hold the baby to yourself as much as possible
- ✓ Call both parents, tell them about the news
- ✓ Take pictures!
- ✓ Enjoy being a father