

# Birth Partner Checklist

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- Give your birth plan and antenatal notes to your midwife.
- Make sure that you verbalise the key bullet points from your birth plan.
- Create the right environment in the birth room - don't forget the 5 key elements :  
**Safe, Dark, Quiet, Warm, Private**
- Make sure that Mum-to-be is as undisturbed as possible - get your 'do not disturb' sign on the door & don't be afraid to question anyone who comes into the room.
- Ensure that music or your hypnosis tracks are playing in the background (this is great for both relaxation and as a distraction).
- Nurture her. Offer drinks and snacks regularly and remind her to go to the loo.
- Use the lovely massage techniques that you've practised to help keep her calm.
- Look out for any signs of tension (tension in the jaw, raising shoulders, stressed breathing) and use breathing and relaxation techniques to help her get back into a calm and relaxed state.
- Use anchors to help trigger relaxation - familiar smells, phrases, touch, music, photos, personal belongings (blanket, pillow etc.).
- Be her cheerleader! Say positive, supportive and loving comments to her. Remind her she can do this!
- Make her feel loved and supported. Hold her hand.
- Ensure that her temperature remains comfortable. Remember the snuggly socks if she has cold feet, a handheld fan or water spritz for her face if it's warm.
- Remember that she should be in a position that is 'upright and forward' as much as possible. Remind her to change position regularly to avoid aches and cramps. Ask your midwife for guidance if you need to.
- Keep adrenaline out of the birth room. Minimise factors that can prompt the 'fight or flight' response where you can.
- Ask for time alone together when you need it.
- Don't forget to use your **BRAINS** if any medical intervention is offered.
  - B** - What are the **benefits**?
  - R** - What are the **risks**?
  - A**- What are the **alternatives**?
  - I** - What does your **instinct** tell you?
  - N** - What happens if we do **nothing**? Is this a medical emergency?
  - S** - Can we have some time and **space** to make an informed decision.