

Birth Partner Communication & Support Plan



What are my primary responsibilities while you birth?

Things for me to pack:

What phrases of encouragement can I use?

What's a memory I can remind you of if you need a pleasant visualization?

What's something funny I can do to lift your spirits or distract you?

How will you tell me if you're scared or upset?
Do we have a code word?

What's the best way to tell you something you might not want to hear?

Who are my supports?

How can I take care of myself?

Birth Partner Communication & Support Plan



What are my primary responsibilities while you birth?

Listen, advocate, support, be in charge of the cell phones, keep family informed, coach me in breathing, hold my hand, take pictures, play the music

Things for me to pack:

Chargers
Change of clothes
Entertainment
Glasses
Important numbers list
Pillow
Water, snacks
Eye mask
Infant car seat
External battery
Cash, insurance cards
Empty bag

What phrases of encouragement can I use?

"You're safe." "You're the strongest person I know!" "You're an incredible mom!" "Push push, y'all!" "Push it real good."

What's a memory I can remind you of if you need a pleasant visualization?

When we floated in the underground rivers in Cancun and saw the toucans

What's something funny I can do to lift your spirits or distract you?

Tell me that joke about the big fish story or try to floss

How will you tell me if you're scared or upset?
Do we have a code word?

I'll squeeze your hand three times or say the word "bologna"

What's the best way to tell you something you might not want to hear?

Kiss me on the forehead and tell me we're stronger than what's happening

Who are my supports?

Mom and dad, my brother, Uncle Jack, Ryder, Shawn, Kevin, and Charli.

How can I take care of myself?

Take breaks when I need to, stay hydrated, text friends, call parents, deep breathing, use my coping skills