



Partner's tasks during labour

The birthing woman will remember how you accompanied her for the rest of her life. Being the best possible partner is important not just for your relationship but also for the emotional and physical health of your baby.

Here is a list of tasks for you to participate in and ways to make your pregnant partner feel supported. These are especially important starting at week 35.

She needs to	What you can do
Eat well (highly nutritious food)	Follow the same diet as her so you will be in optimal conditions for birthing and parenting. Cook healthy food for her. Do the food shopping. Show interest in her dietary requirements. DO NOT BRING HOME FOOD ITEMS THAT AREN'T BENEFICIAL FOR HER HEALTH AND FOR BABY'S HEALTH.
Prepare her body with appropriate exercise	Show interest, do exercises with her, practice ball and mobility exercises with her.
Relax and not feel pressured	Control visits, give her space so she can choose how she wants to relax, suggest relaxing together (listening to music, doing guided breathing, etc.)
Connect with you and the baby	Show interest, touch her belly, talk to the baby, talk about the birth (positive), talk about the baby
Optimise fetal positioning	Do the exercises with her, remind her not to sit "bucket seat style" on the couch, help her avoid driving.
Optimise hormonal cycles	Go to bed at a consistent time (preferably before 10:30pm) everyday together.
Optimise hormones	Treat her with a lot of kindness and sweetness and tenderness. Touch her. Give her massages. Kiss her and hug her. Make love. Make her laugh, AVOID MAKING HER ANGRY OR SAD , show affection and make her feel loved. Do everything you can to make her feel safe and capable of giving birth. She needs to feel that you are her number one fan and supporter and will die protecting her and your baby if needed.



Nest	Plan and make foods for postpartum period, support all her nesting desires (that can sometimes be a bit strange)
Prepare mentally and emotionally	Believe in her innate ability to give birth to your baby. Read about birth. Participate in courses with her. Read birth stories. Talk to other partners who've had positive birth experiences. Watch birth videos with her.
Relax and rest	Take care of the house, shopping, cooking, etc. Keep the agenda free of too many activities. Respect her needs (even if they don't make sense to you)
Perineal massage	Offer to do the massage for her.
Others	Keep the car full of fuel



Birthing Day

She needs to	What you can do
Be in an atmosphere that facilitates birthing	Protect her environment. Make it as close as possible to an atmosphere for making love/seducing her: put on music, soft lights/candles, increase heat (temperature of the room), prepare cushions/mattress/blankets/birth ball, turn off mobile phones, turn off Wi-Fi and electronics. Make sure you can't be interrupted.
Feed for nutrition	Prepare easy to eat fresh snacks (cut up fruit, vegetable soups, juice, etc.)
Hydrate	Have water available, straws, if she is tired put honey or fresh juice in her water.
Feel safe	Tell her everything is going well, to trust her body, that you believe in her and her body's ability to give birth and in your baby's ability to be born. CONTROL YOUR ADRENALINE LEVELS (deep breaths)
Tranquillity	DON'T ALERT FAMILY THAT SHE IS IN LABOUR AND PUT LIMITS BEFORE BIRTH ON VISITS, ETC.. CONTRL YOUR ADRENALIVE LEVELS
Relax and surrender to the process. Give in and "ride the waves"	Touching, kisses, hot packs, run water on her back, give her massages/pressure, be by her side "without doing anything", tell her she can do it, tell her she is doing it perfectly, tell her everything is going well. CONTROL YOUR ADRENALINE
Connect with you	Be tender. Give her attention, respect, admiration, space, trust, confidence, tranquillity and safety.
Manage pain	Breath with her, remind her to keep her mouth/face/hands relaxed, help her not fight the contractions, remind her to empty her bladder, vocalise with her
Feel protected by you	You must be very clear on your partner's birth plan and protect her wishes. Support her in her decisions. Do not take her to the hospital too early.
If she wants to give birth on her side	Hold her leg in internal rotation (heel out)



How your partner gives birth and how your baby is born matters. These experiences mark both of them for life. Birthing can be an incredibly empowering and positive experience for your partner and you should do everything in your power to increase the chances of her enjoying a respected birth. Your partner and baby deserve it.