Delivering a baby is a team effort! Having support during labor can make you feel more comfortable and help you have a safe birth. Use this list to reflect on what you want. Think of the people you want by your side who make you feel respected, heard and loved. If you need help finding more support, visit EveryMotherCounts.Org/ChoicesInChildbirth.

____________________ has my birth plan and knows what I want during labor.

People allowed in the room are _______________________________________.

I can rely on __________________ to help me pack a bag of birth essentials.

The person I turn to when I feel like giving up is

______________________.

I can count on __________________________ to soothe my aches and pains.

The person I can trust to look after my family is

______________________.

______________________ can help me make medical decisions during birth.

I welcome a reassuring touch from _________________________________.

A number I can call if I need to reach my provider after-hours is

______________________.

A person I can call to take me to the hospital or birth center when I'm in labor is ____________________________. 