

My Sources of Support During My Partner's Birth

Having your baby come into the world is a wonderful moment, but it can also be stressful. Having support for yourself can make you feel better prepared as a parent and lessen the pressure on your partner. Use this list to reflect on what you need in this moment and think of the people you want around you who make you feel informed, confident and loved. If you need help finding more support, visit EveryMotherCounts.Org/ChoicesInChildbirth.

If I can't be reached when my partner goes into labor, call _____
at this number _____.

An experienced birth worker I can lean on for support is _____.

The person I turn to when I'm feeling antsy is

_____.

A number I can call if I need to reach my partner's provider after-hours
is _____.

The person I can trust to look after my kids/pets/home while we are giving
birth is _____.

Someone who I can call in the middle of the night if I need help is
_____.

Someone who can give labor support to my partner if I need to rest
is _____.

