

Helpful tips for partners



Some helpful tips for partners;

- **Breathe deeply, relax and be confident in your partner**
- If labour starts at night, give your partner a massage back to sleep
- If labour starts through the day, take your partner out for a coffee or light meal
- **Breathe deeply, relax and have confidence in your partner**
- Don't be alarmed by the sounds of labour
- Wear comfortable clothing
- **Breathe deeply, relax and have confidence in your partner**
- Take a pair of shorts for the shower / bath
- Have some high energy food and drink to take with you, don't forget to eat!
- **Breathe deeply, relax and have confidence in your partner**
- Take off any rings, your hands may be squeezed quite hard
- Have your birth plan and contact list with you
- **Breathe deeply, relax and have confidence in your partner**
- Don't forget the camera / video camera
- Be positive and excited, you will meet your baby soon
- It is a good idea to have some meals pre-cooked and frozen for when mum and bub come home