

# VIP

"Very Important Partner"

# CHECKLIST



## FIND OUT WHAT YOUR PARTNER EXPECTS OF YOU

Start with a simple question to your partner: "When you picture your birth, what kinds of things do you see me doing to support you?"

## GET TO KNOW CHILDBIRTH

If you understand the general flow of birth, including the different stages and phases of labor and the mechanics of birth, you'll feel more confident about knowing what to expect and what's normal in labor and birth.



## PACK YOUR OWN BIRTH BAG!

Consider things like, a change of clothes and toiletries, snacks, money for the vending machines, chargers, and anything else that would make you feel comfortable for a couple of days.

## PREPARE FOR THE LONG HAUL

To mentally prepare yourself, consider the process a 24-hour minimum event.

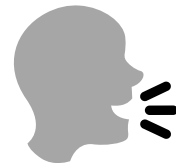


## MEET THE PLAYERS

The more you are involved and familiar with who will be attending and supporting you and your partner at birth, the more comfortable you will feel with their care.

## DON'T BE AFRAID TO SPEAK UP

Remember that you and your partner are also the "customers," so to speak. You have every right to speak up when you feel like it, whether it's to ask a question about a procedure, request more time to make a decision, or to refuse an intervention.



## REMEMBER TO BREATHE

With all the excitement, anxiety, uncertainty, and anticipation built up around birth, it's easy to get caught up in tension and stress. If you don't already have a good coping technique for calming yourself, you might miss out on some sweet and tender moments of your labor and birth experience. Throughout it all, remember to pause, breathe, and soak in what's happening.

