

Tips For BIRTH PARTNERS

BE THERE,
BE PREPARED AND
BE USEFUL WITH THIS
9 PAGE FREE BOOKLET



BY PBB MIDWIVES - DEBBIE & EMMA

BIRTH PARTNERS

Reminders



When we refer to birth partners in this booklet this can be anyone including a partner, family member or friend that has been chosen to provide support and share the experience of labour and birth.

Just a few tips or reminders about things you can do to help your partner in the run up to labour, during labour and when the baby is born.

Of course, your very presence is all that is needed, but it may help you to feel more useful and help your partner during the process.

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THE LAST FEW DAYS

Offer interesting diversions to take her mind off the due date.

Download her favourite songs for use during labour

Stock up on foods to fill the fridge and freezer for when you need them.

Make sure you know the route to the hospital and keep the car topped up with petrol or your lift on standby

As the date approaches, make sure you are easy to contact and that someone at work always knows where you are if working away from home.

Help her practice positions for labour

Carry out relaxation together in preparation for labour and birth



E A R L Y L A B O U R

Help with any last minute packing

Load the car

Help fill the time with gentle activity, perhaps a short walk

Encourage rest and sleep.

Prepare food for when she feels like eating (long lasting carbs are ideal).

Don't forget to feed yourself so you have energy to support her throughout

Help her with positions

Use positive words and encouragement.

Continue to practice the relaxation especially at times when she may start to feel anxious or overwhelmed

Encourage her to stay hydrated but also go to the toilet every 1-2 hours

Liaise with your maternity team when needed

Make sure you have packed her maternity notes if she has any.

Let people know if any pets need sorting out.



A C T I V E L A B O U R

When contractions become strong call the hospital and let them know what's happening before you arrive.

When timing contractions you are looking for them to be every 3-4 minutes lasting 50-60 seconds approximately.

Liaise with the maternity team when needed especially if you are unsure whether you need to go in.

Stay positive, use positive language and reassure her how amazing she is doing

Remind her that each contraction will pass.

Help her with positions trying to remain upright and mobile.

Watch for areas of tension, perhaps using massage to help relax.

Encourage her to breathe slowly and deeply.

Keep her comfortable with sips of water, sponging her forehead, keeping her cool.

Remember your self care - stay hydrated and fed.

It is okay to step outside for a few minutes if you need to.

What is the transition phase?

The transition between the first and second stage of labour.

Transition is the period between being almost fully dilated and being ready to push. All of the cervix is pulled up by the contracting uterus and the baby is pushed further down into the pelvis and for some this can feel intense.

Many women become restless, irritable, discouraged, confused, or upset during transition.

Don't be surprised if what was helping previously she now finds annoying!

This is the time during labour when your partner will need the most support physically and mentally.

- Give her plenty of eye contact.
- She may be irritable but don't leave her alone.
- Offer massage of back, hands, feet, shoulders, anywhere she feels pain or tension.
- Give her lots of praise, encouragement and cuddles (although she may not want to be touched).
- Watch for panic breathing and help her regain a steady pattern.
- Remind her this part doesn't last long and you will soon be ready to meet your baby.

NOTE: women with epidurals on board do not tend to experience the transition phase as strongly, if at all.

“Many women become restless, irritable, discouraged, confused or upset.”



S E C O N D S T A G E

Your partner may become overwhelmed with rectal pressure, but that is natural.

Keep encouraging her in a positive way.

Don't let her get stuck in any one position for too long.

Regularly changing positions, even with an epidural, will help the passage of the baby through the birth canal.

Remind her to try and relax her mouth and pelvic floor.

Give her a hand to squeeze if needed and it often helps when she can pull against you while pushing.

Offer sips of water between contractions.

Encourage her to rest fully in between contractions.



Once the baby is born.

Baby will be passed up onto mums abdomen for skin to skin.

All being well baby will remain there and we encourage delayed cord clamping for at least 1-3 minutes, but you may like to cut the cord once this time has passed.

Take a few moments and deep breaths to let it sink in and absorb the moment.

Feel free to take photos of your new addition.

Once baby has had its first feed you may like some skin to skin bonding time with baby.

Your partner may require some stitches following birth, she may find it more comfortable for you to hold the baby while this happens, you can do this skin to skin if you wish.

“Congratulations on the birth of your baby!”

Once all the checks are complete and the staff are happy mum and baby are well, you can enjoy a nice cup of tea or coffee and enjoy some time alone together as a family.

Ring, text or whatsapp family and friends to spread the good news!

Upon returning home

Keep control of visitors. The kind of visitors you want are those who bring you home cooked food, offer to sit with baby while you sleep or shower or put the Hoover round or clean the dishes.

A new baby is exhausting for both of you, so encourage her to rest and sleep when baby sleeps - you too!

You will probably need to take over most of the household chores for the first few weeks while mum recovers and feeding is established.

Lower your expectations. Decide what jobs are not priority and leave them for a while.

Keep that positive, supporting attitude going.

Keep an eye out for postnatal depression/anxiety. Crying in the first few days/weeks is to be expected but if it continues for longer or you notice a loss of appetite, unable to sleep even when baby does or your partner is just not themselves then speak to them and encourage them to speak to a professional.

Don't be afraid to take your turn at changing, cuddling, bathing and playing, but most of all enjoy your new baby!

Look after yourself! You are just as important to the family so if you are feeling overwhelmed, anxious or struggling with what happened at the birth then don't be afraid to speak to someone. Seeking help is a sign of strength, not weakness.

CONGRATULATIONS



RESOURCES

Hertfordshire Family Centre Service



The family centre service can help before your baby's born, right through to when they want to play and get messy. Anyone can come along, whether you're coping fine or having a struggle. Find your local centre via google.



MANTenatalTM
BE THE BEST DAD YOU CAN BE

MANTenatal was created by a father of four who felt the antenatal classes he attended didn't include enough focus on the dads and prepping them.

Find Gordon at
www.mantenatal.co.uk



We are available by phone, text, social media or email if you have a question or just need some reassurance.

Message us or find out more at
www.pbbevents.com



Depression and anxiety is not something that only affects mothers. 1 in 10 dads experience some kind of mental illness to.

If you feel you want to find out more or are in need of some extra support take a look at www.howareyoudad.org



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