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**Birth Partner Checklist**

This is a list of things that MIGHT be helpful at each stage of labour. YOU know your partner much better than me, so follow your instinct and her lead! You are exactly who she needs alongside her during this birth, you will do it together and you will both be fantastic! You may find that you don’t need to read any scripts during labour, and that is fine- you may find that there are favourites of hers that work better at different stages. Being present is far more important than ‘doing all the things’. It might seem like this is list is very long, but time can move very slowly, so you won’t feel rushed. There is no wrong or right way to use hypnobirthing, pick and choose whatever works for you both on the day!

**Hypnobirthing Tools** (for use throughout)

* Scripts
* Back Stroking/ Massage
* Up Breathing (first stage)
* Down breathing (second stage)
* Stroking hand/ back
* Positive Affirmations

**Practical Tools** (for use throughout)

* Offer water- with straw
* Offer snacks
* Encourage movement
* Encourage frequent toilet trips (1-2 hourly)#
* Aromatherapy Oils
* Playing Music
* TENS Machine
* Birth Pool

**Timeline**

***Before Labour***

* *Phone numbers- Hospital/ Homebirth team/ Childcare arrangements/ Pet care etc.*
* *Petrol in the car*
* *Change for the car park (often not needed until you leave- but check!)*
* *Pack your OWN hospital bag- snacks, spare clothes, ear phones, chargers etc.*
* *Hospital Bags in Car or by door.*
* *Create relaxing or positive playlist together.*
* *Charge iPods or mp3 players*
* *Together write a birth preferences for every scenario (eg. Home birth or Birth Centre/ Obstetric Led Birth/ Induction/ Instrumental/ C-section- they don’t need to be long- just the key choices that are important to you)*

**Early Labour**

* Continue ‘normal’ activities for as long as is comfortable for your partner
* Go for a gentle walk
* Run a bath
* Offer a meal/snacks/drinks
* Watch a funny DVD
* Scripts: Any that she likes **(Magic Carpet, Colour and Calmness)**
* Start to keep an eye on frequency of surges
* If at home- think about filling the pool. (37 degrees)
* Put on Calm or Positive Playlist

**When things pick up!**

* Phone the midwife (when surges are 2-3 every 10 minutes, lasting for about 1 minute)
* Dim Lights/ Burn Candles
* Mimic Up Breathing
* Help Set up TENS Machine
* Back Stroking
* Massage
* Scripts- (whichever ones she likes.. **Magic Carpet, Sssoften, Head and face relaxation)**
* Read Positive Affirmations
* In pool- pour water over mum’s back.

**When you get to the Hospital/ the midwife arrives at home:**

* Explain that you are hypnobirthing and verbally make any special requests (eg that all questions go through you first or anything specific to your own situation)
* Give her your birth preferences
* Dim the lights
* Set up candles/aromatherapy/ positive affirmation cards/ photos etc. Make the room ‘home’.
* Script: Pick a familiar one- often **Magic Carpet**

**If she’s undergoing a ‘procedure’** (eg. Vaginal examination, waters being broken, instrumental birth etc.)

* Stroking Hand/ Hair etc.
* Mimic up breathing (or down breathing if at the stage of baby being born)
* Script: **Stroking Relaxation, Fear Release (Confidence and Power), Head and Face Relaxation**

**If she’s having a ‘wobble’**

* Script: Fear Release **(Confidence and Power)**
* Mimic up breathing

**If things slow down**

* (You midwife will likely suggest all of these things anyway)
* Focus on creating oxytocin- anything that makes her feel, calm, safe and unobserved.
* You can ask to be alone, together, for a while. (kiss/cuddle can help bring things back)
* Nipple stimulation
* Clary Sage Oil
* Movement or changing position
* Getting out of the pool
* Script: **Head and Face Relaxation, Magic Carpet, Colour and Calmness, Sssoften, Stroking relaxation**

**If you are facing a decision or intervention**

* Refer to Birth Partner’s Questions
* B- Benefits of accepting AND of declining
* R- Risks of accepting AND of declining
* A- Alternatives- What else can you offer us?
* I- Instinct- What does mum’s instinct tell her? And what about yours?
* N- Nothing- what if we did nothing? For 10 mins/1 hour/1 day/ 1 week?