**\*-When my water breaks/contractions start**

Call my mom so she can prepare for my older child

Let me rest as much as possible

Offer me something to drink/eat

Finish packing

Send update text to our chosen list of people

Help time contractions

Remind me to call the hospital to let them know we are coming

**When we get to the hospital**

Carry in our main bags

Help with check in

Help settle me in to the room/offer to help me change into the hospital gown

**When I’m in pain**

Suggest changing positions

Remind me to breathe well

Remind me to relax my jaw/face/shoulders

**If I’m anxious/fearful**

Talk to me about something to distract me

Tell me we’re in this together/we can do this

**Regularly**

Offer me something to drink

Suggest I se the bathroom every hour or two

Tell me I’m doing a great job

Tell me something off the birth affirmation sheet

**If I’m hot**

Offer me something to drink

Wipe my forehead/face/back of neck with a cold cloth

**When it’s time to push**

Remind me to breathe

Help me count for pushing/resting

Hold my hand/shoulders

**When baby arrives**

Hold me and the baby

Cut the cord

Tell me how proud you are of me/love me

Offer me something to drink

Wipe my face/neck

**Once we are settled after baby**

Send out an update text and picture to our chosen list of people

Get yourself and me something to eat/drink