

# The co-pilot

Write down below what you need to do as the co-pilot during birth and labour. Once your done, compare with your partner to see if there are any gaps!

## ENVIRONMENTAL:

E.g. organise music, essential oils or any other equipment

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## ADVOCATE:

E.g. talk to care providers and communicate requests

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Write down below what you need to do as the co-pilot during birth and labour.  
Once your done, compare with your partner to see if there are any gaps!

## PHYSICAL:

E.g. have snacks handy or help her to walk and move around

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## EMOTIONAL:

E.g. encourage her through labour and birth

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