

THE BABY BEARER

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

PHYSICAL:

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

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EMOTIONAL:

E.g. encourage me through labour and birth

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Write down below what you need your co-pilot to help you with during birth and labour. Once your done, compare with your support person 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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