

Birth Quick Reference Guide

AKA YOUR BIRTHING BUDDY!



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RTO #40664

Labour Positions

1



Rock back and forth

2



Squat using furniture
for support

3



Lean forward
on a stable chair

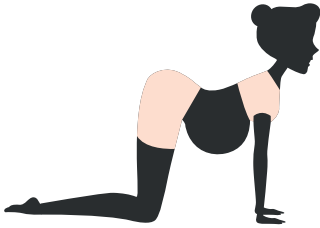
4



Squat with your partner
behind you for support

Labour Positions

5



On hands and knees

.....

6



Semi-sitting position using
your partner for support

.....

7



Kneel using a birthing ball
for support

8



Lie on your side

Support Person Tips

HEY CO-PILOT!

**So, you're supporting someone through birth? Congratulations!
Being a support person is a huge honour but also a big responsibility.**

Being a birth partner involves providing intense physical and emotional support to the mother, and if you are chosen to be that person, you have to be prepared to do whatever it takes. You are her advocate, and you may need to take charge and convey her wishes to the maternity team.

In preparation for the birth, you should consider attending birth education (check!) and review the birth plan. Don't forget that every birth can be different and things don't always go to plan.

If you need to speak up on behalf of your partner, you will have your own rights and responsibilities as a support person, so discuss these in advance with your midwife.

Support Person Tips

HOW TO SUPPORT YOUR PARTNER BEFORE BIRTH:

- Help her around the house if she is tired, sick or unwell.
- Go to doctor and midwife appointments with her.
- Go to birthing classes with her.
- Discuss her birth plan and what to do if things don't go to plan.

DURING THE LABOUR AND BIRTH:

- Communicate with the midwife about when to come to the hospital or the birthing centre.
- Once there, entirely focus on your partner, staying calm and giving her lots of positive encouragement.
- Bring her ice, water and snacks if she wants them.
- Walk and move with her.
- Help her into the shower or birth pool.
- Help her move into birth positions she chooses and support her weight if she needs it.
- Help her with her breathing and other coping methods.
- Communicate her wishes to the maternity team, and their advice back to her. Support her to make decisions if things don't go to plan and speak up for her if she can't do this herself.
- Massage her, hold her hand and wipe her face if she wishes.
- Let her family know how things are going if she wishes.



Affirmation #1

We are working together
to meet each other



Affirmation #2

I am ready for any path
my birthing takes



Affirmation #3

My body knows how to birth
this baby, just like it knew
how to grow this baby



Affirmation #4

I can do anything
for one minute



Affirmation #5

My body is capable
and strong



Affirmation #6

I relax and release my body
as best I can

RESOURCES

Pregnancy, Birth and Baby

1800 882 436
www.pregnancybirthbaby.org.au

Maternal and Child Health Line

MCH App
132 229

Australian Breastfeeding
Association

www.breastfeeding.asn.au
1800 686 268

Perinatal Anxiety & Depression
Australia (PANDA)

www.panda.org.au
1300 726 306

National Immunisation Hotline

1800 671 811

Nurse on Call

1300 60 60 24

Your GP

Your hospital