



Preparation for Birth, Baby & Life-Saving CPR
www.nestedbaby.com & www.nestedCPR.com

Partner Resources

Partner Tips:

- Take care of yourself
- Be empathetic: *provide affection*
- Be non-judgmental: *listen to partner*
- Be observant and call a physician (i.e., mom seems depressed, has a fever): *primary care, Obstetrician, or Pediatrician*
- Be aware
- Use “I statements” when expressing feelings
- Be available: *take care of infant so mom can have alone time and sleep or help with chores*
- Be patient
- Be collaborative with resources that are available
- Be open to help
- Be an engaged parent
- Get support! You are NOT alone – ask friends, family, colleagues, YOUR medical provider... and if you, or your partner are experiencing mental health challenges – please consider seeking guidance and help. Nested has created this [list of mental health resources](#).

BIRTH PARTNER HELP LIST

WHEN I'M IN PAIN

- Offer soft touch massage
- Ask if I'd like to walk around
- Suggest changing positions
- Suggest a shower/bath
- Remind me to breath and relax my muscles
- Ask if I need any pain relief (starting at the bottom of the hierarchy and only as a last resort)

WHEN I'M STRESSED OR ANXIOUS

- Talk to me about something else to distract me
- Offer soft touch massage
- Hold my hand
- Remind me to breath and relax my muscles
- Tell me I'm doing a good job
- Tell me you're proud of me
- Remind me of our little bubba waiting for us at the end

REGULARLY

- Ask if I need anything to eat or drink
- Ask if I need to use the bathroom
- Hug me/ hold me/ stroke my hair/ hold my hand
- Tell me I'm doing a great job
- Tell me you're proud of me, love me, etc.

WHEN I'M HOT/COLD

- Offer me something cool to drink
- Suggest a walk
- Offer to get a cool wash cloth
- Offer to get a blanket

DURING LABOUR/PUSHING

- Let me sleep as much as possible
- Relaxed breathing between contractions
- Shower with me
- Time contractions (start to start)
- Hold me or touch me when pushing

WHEN WE GET TO THE HOSPITAL

- Do all the talking and check us in with the nurses
- Make sure we're/I'm comfortable in the room

STAY FOCUSED ON OUR LABOUR/ ME
NO DISTRACTIONS!!





Preparation for Birth, Baby & Life-Saving CPR
www.nestedbaby.com & www.nestedCPR.com

Paternal Online Resources:

- <http://dcmetrodads.com>
- <http://www.Postpartumdads.org>
- <http://Becomingdad.co>
- <http://Fathersforum.com>
- <http://Postpartummen.com>
- <http://Postpartumprogress.com>
- <http://www.postpartum.net/family/beyond-the-blues-partners/>
- <http://babycenter.com>
- <http://mamaglow.com>
- <http://greatdad.com>
- <http://whattoexpect.com>
- <http://mrdad.com>
- <http://dadsadventure.com>
- <http://athomedad.org>

Recommended Readings:

- **The Expectant Father: Facts, Tips, and advice for Dads-to-be** by Armin A. Brott and Jennifer Ash
- **Be Prepared: A Practical Handbook for New Dads** by Gary Greenberg and Jeannie Hayden
- **The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions** by Penny Simkin
- **From Dude to Dad: The Diaper Dude Guide to Pregnancy** by Chris Pegula with Frank Meyer
- **The Postpartum Husband: Practical Solutions for Living With Postpartum Depression** by Karen Kleiman, MSW
- **Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression** by Karen Kleiman, MSW & Amy Wenzel
- **The Journey to Parenthood: Myths, Reality, and What Really Matters** by Diana Lynn Barnes PsyD, LMFT
- **The 5 Love Languages: The Secret to Love that Lasts** by Gary Chapman
- **Seven Principles for Making Marriage Work** by John Gottman