

FOR THE PARTNER

A Note Before the Birth

From your midwife, and a dad who's been there

You're about to be in the room for something big. Here's what the guys who've done it wish someone had told them.

1 Your midwife runs the birth.

You don't have to know what to do medically. That's her job, and she's very good at it.

2 Your job is to be steady.

Stay close, keep the small things handled, and be the face she can look at when it gets hard.

3 Ask your questions now.

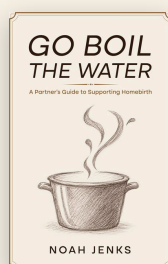
Go to the prenatal visits. Ask about safety, what a transfer looks like, and what she'll want from you. Nothing you ask is dumb.

4 Agree on the plan together, then protect it.

When she can't speak for herself, you can.

5 After the baby comes, guard the first hour.

Keep visitors away, keep the lights low, and let them have it.



Read Chapter 1 *free*.

Go Boil the Water: A Partner's Guide to Supporting Homebirth, by Noah Jenks

goboilthewater.com/free-chapter



SCAN ME