

MATRESCENCE DOULA

Natural Birth

Partner Preparation



Preparation and communication help build trust, reduce fear, and create a supportive birth experience—together.



COMMUNICATION WITH THE BIRTH TEAM

- Who asks questions?
- How much information does the birthing parent want during labor?
- How will you advocate together?
- Who updates family and friends?
- What words or affirmations are most helpful?



EMOTIONAL RESPONSES DURING LABOR

- How do you each respond to stress?
- What helps you feel calm and grounded?
- What increases stress or overwhelm?
- What do you need from each other when things feel intense?
- What should be avoided?



LABOR ENVIRONMENT & COMFORT

- Lighting, music or silence
- Temperature & aromatherapy
- Movement & birth positions
- Massage & counterpressure
- Eating & drinking preferences
- Photos or video
- Other comfort measures



PARTNER'S ROLE DURING LABOR

- How involved do you want to be?
- Physical support preferences
- Encouragement, humor, or quiet presence?
- Helping with movement
- Advocacy with staff
- Narrating what is happening or filtering information?



DECISION-MAKING DURING LABOR

- Preferences if labor slows
- Views on induction or augmentation
- Pain management preferences
- When to ask questions before agreeing
- Which interventions are okay or need more discussion?
- When plans may change



BIRTH PREFERENCES

- Freedom to move
- Intermittent monitoring (if appropriate)
- Delayed cord clamping
- Immediate skin-to-skin
- Third stage preferences
- Newborn procedures
- Golden hour & first feeding



EXPECTATIONS ABOUT BIRTH

- Hopes for labor & birth
- Biggest fears
- What would make the experience feel meaningful?
- How can you protect the birth space?
- How will you stay flexible if things change?



IMMEDIATE POSTPARTUM

- Skin-to-skin & first feeding
- Visitors
- Rest, recovery & emotional support
- Partner's role with baby
- Recognizing signs of overwhelm
- What support will feel most helpful?



PRACTICAL PREPARATION

- Hospital/birth center bag
- Snacks & hydration
- Playlist, chargers, camera
- Contact list & transportation
- Childcare or pet care
- Home recovery setup & meals
- Postpartum supplies



IF BIRTH PLANS CHANGE

- How will you make decisions together?
- How will you remain a calm advocate?
- Healthy parent & healthy baby are the priority
- How can you preserve important wishes when possible?



FINAL CONVERSATION

- Is there anything we haven't discussed?
- What worries you most?
- What can I do to help you feel safe?
- What excites you most?
- What does being a good birth partner look like to you?
- How will we process our birth together?

