

My Sources of Support During Birth

Delivering a baby is a team effort! Having support during labor can make you feel more comfortable and help you have a safe birth. Use this list to reflect on what you want. Think of the people you want by your side who make you feel respected, heard and loved. If you need help finding more support, visit EveryMotherCounts.Org/ChoicesInChildbirth.

_____ has my birth plan and knows what I want during labor.

People allowed in the room are _____.

I can rely on _____ to help me pack a bag of birth essentials.

The person I turn to when I feel like giving up is

_____.

I can count on _____ to soothe my aches and pains.

The person I can trust to look after my family is

_____.

_____ can help me make medical decisions during birth.

I welcome a reassuring touch from _____.

A number I can call if I need to reach my provider after-hours is

_____.

A person I can call to take me to the hospital or birth center when I'm in labor is _____.

