

My Sources of Support During My Partner's Pregnancy

Pregnancy is a new and exciting time! It also can be stressful, even if you're not the one carrying the baby. Having support can help you and your relationship stay healthy. Use this list to reflect on what is ahead and think of the people who make you feel heard, informed and cared for. If you need help finding more support, visit EveryMotherCounts.Org/ChoicesInChildbirth.

A place where I can learn about and prepare for birth is _____.

I can call _____ or _____ if I'm feeling down.

I can rely on _____ and _____ for an extra hand around the house.

_____ is a parent I admire who I can go to for advice.

I can count on _____ to answer my questions about pregnancy.

The person I can trust to look after my kids is _____.

A number I can call if I need to reach my partner's provider after-hours is _____.

I can rely on _____ to let me vent about my feelings.

My exercise buddies are: _____.

