

Session 3: Handout 2

Home activity. *Part 1:* what support would you all like?

Part 2: what sort of birth would you like?

For mother, fathers/partners and birth partner (if not father/partner)

Part 1: You may have already thought about who you would like to support you during the birth.

- Mother: Who would you like to support you and how?
- Birth partner: What support will you need?
- Father/partner: What support will you need (if you are not the birth partner)?'

If the father/partner is not coming with you to these sessions you could ask them to think about what support they will need during the birth.

As we learn more about labour and birth you may find that your ideas will become clearer.

Part 2: For the mother and father/partner, take some time to think about what sort of birth you would like. This will help you plan and prepare for it. Remember that plans may need to change and it is helpful to keep an open mind. Share these ideas with your birth partner if they are not the father/partner.

Also we would like you to keep having a go at the relaxation and the breathing. What does it feel like now?