

Helpful Hubby

CHEATSHEET

by:

mamasoup

It's his first time too.

WHAT DO I DO DURING THE DELIVERY?

5 TIPS FOR BEING HELPFUL DURING CHILDBIRTH:

ONE KNOW YOUR ROLE.

You're important to the process, but don't get in the way. Let the medical staff and your partner give you tasks and instructions.

TWO BRING A THICK SKIN.

You will see things. You will hear things. Chances are, you will get yelled at for something. **Don't take it personally.** And if she poops, don't mention it to her again. Ever.

THREE TRY TO RELAX.

You will feel helpless, and that's okay. Keep busy timing contractions, refilling ice chips, and grabbing literally anything she asks for.

FOUR BE OKAY WITH FLUIDS.

Including your own. You might cry, and that's perfectly okay.

FIVE MANAGE VISITORS.

Be an awesome gatekeeper. Set time limits and manage expectations of friends and family wanting to visit.



You are about to be part of the most amazing experiences of your life. it's OK to not know what to do... **YOU GOT THIS.**