PARTNER BIRTH PLAN · ONE PAGE

# The Partner One-Pager

Their birth plan says what they want. This page says what you do. Fill it in together before 36 weeks and keep it in your pocket.

**TandemBirth**
tandembirth.com/partner-birth-plan

## Who I am supporting

Their name, and what they want to be called in the room

Their top three preferences, in their own words

What they are most nervous about, and what they asked me to do about it

## What helps when it gets hard

- [ ] Counter-pressure on the low back
- [ ] Hip squeeze
- [ ] Hand to hold
- [ ] Hair back, cold cloth
- [ ] Breathe with them, slowly
- [ ] Short words only
- [ ] Silence
- [ ] Eye contact
- [ ] Move with them
- [ ] Sips of water between contractions
- [ ] Music on
- [ ] Music off

What to avoid (phrases, jokes, questions mid-contraction, being touched a certain way)

Our signals: a word for "I need a minute alone with you" and one for "I want to change the plan"

## Who to call and when

Care team number · when they told us to call

Backup support person · how long they take to arrive

Who is with the other kids or the pets, and the handoff

Who gets the first call after the birth, and who waits

## My jobs

- [ ] Bags in the car, car seat in, route and parking known
- [ ] Phone charged, long cable, this page, three copies of their plan
- [ ] Insurance card, ID, provider and pediatrician names
- [ ] Snacks and water for both of us
- [ ] Time contractions; call the care team when they told us to
- [ ] Keep the room the way they want it: lights, sound, door, visitors
- [ ] Say their preferences out loud when they cannot, kindly and once
- [ ] Eat, sit, use the bathroom; tag out for ten minutes if I need to

## If the plan changes

- [ ] I ask for the options, the reasons and the time we have
- [ ] I ask for a few minutes alone, unless it is urgent
- [ ] They decide; I make sure they have what they need to decide
- [ ] If they cannot, I speak for them using this page

Questions they want me to ask if induction, an epidural or a cesarean comes up

## Right after the birth

- [ ] I announce the sex
- [ ] I cut the cord
- [ ] I go wherever the baby goes
- [ ] Skin to skin for them first, then me
- [ ] Photos: yes
- [ ] Photos: they decide later

Feeding plan, and who helps get it started

First 72 hours at home: what I own (meals, visitors, nights, the other kids, their medications)

What the care team told us to watch for in them and the baby, and who we call

**Plans change; the two of you decide together.** Not medical advice: the "what to watch for" line is for what your own care team tells you. The free two-person planner at **tandembirth.com/planner** builds this page from your answers and theirs, plus a labor-room quick card and a game plan. No account; answers stay on your phone.