

Tips for An Extended Birth Team

Some Tips for Grandmas, Grandpas, Friends, Sisters, Cousins, and Others to Know About Attending This Baby's Birth

- 1. Please make sure you are invited.** This is a very special day for both the woman and her partner/father/spouse/husband. Please don't show up unannounced!
- 2. Be gentle and compassionate with opinions.** Everyone has an idea on what is best for this woman and her baby. Even if you have given birth many times, or have attended many births, it is important for the laboring woman to make decisions for her baby and herself.
- 3. If you are feeling overwhelmed, feel free to step out of the room.** Being at birth can bring up many emotions for others, especially when it is someone so special to you. It is ok to take a break if you need to!
- 4. If the laboring woman is feeling overwhelmed, she may ask you to leave.** Please don't take it personally! Whatever her laboring instincts are telling her, whether it's to be alone in a quiet place or dance without abandon, she needs to feel safe in listening to her body. Sometimes the most outgoing women are the most introverted when laboring.
- 5. The greatest hormone for promoting labor progress is OXYTOCIN.** You can provide her with so much oxytocin by just telling her she's doing wonderful, you're proud of her, and that you love her.

This was compassionately created by
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