

## Your birth partner



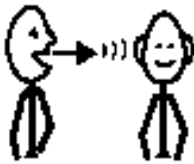
This is who you want to **be with you** when you are **having the baby**.

It can be **anyone** you **want**.



Make sure your birth partner **knows** what is in your **birth plan**. This will let them know **how to help** you have the labour you want.

## How can they help?



- **Talk** to you to help pass the time



- **Give** you **water**



- **Wipe** your **face**

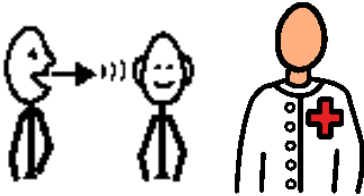


- **Hold** your **hand**





- Give you a **massage**. Rub your shoulders and back
- **Help** to stay **relaxed**



- **Help** you to **tell** the **midwife** what you **want**



Your partner can **cut** the **umbilical cord** if you want.  
The umbilical cord is what joins you and your baby.