



Your birth partner

Use the acronym -

P.R.O.T.E.C.T.S

POSITIONS – Help her get as comfy as possible, ideally with pelvis upright & forward. Gravity is your friend.

REFRESHMENTS – Encouragement to eat & drink regularly & pee regularly too.

OXYTOCIN – Keep the room, warm, dark and private. Make her feel safe & loved. Oxytocin is your BEST friend.

TRUST – trust the birthing person! Listen in deeply and hear them, they are the goddess in the room. Know they have got this and are in control of their body, what feels right for them.

ENVIRONMENT – Dim lights, play music, smells, comfort, focal points. Think comfort, cosy, nesting, pillows, duvet, whatever your partner would like in her space.

CALM – Use breathing & relaxation skills, affirmations and tools to support anchoring your partner in any moments of fight or flight response.

TOUCH– Massage, gentle sweeping down back, sacral pressure, anchors.

SILENCE – Be led by her but try not to talk if possible