

a. A Message for Birth Partner

MODULE 7

The birth partner is the person the mother chooses to be with her to support her during labour and delivery.

This is how the birth partner can help the mother during labour and delivery.



Anyone can be a birth partner – your partner, of course, but also a family member or a friend. You don't need any special skills. You just need to be there and to care.

Inquire from the personnel at the hospital where you plan to deliver if it is possible to have more than one birth partner. This policy varies from one hospital to another.