

VISITORS AT YOUR BIRTH

Are you comfortable doing all of the following in front of any visitor(s)?

- Pee
- Fart
- Vomit
- Poop
- Cry
- Moan
- Sweat
- Scream
- Swear

Even the most well-meaning visitor can impact your birth. An anxious face, a chatty friend, or a tense grandmother-to-be can affect labor. This can potentially cause labor to slow down. It's best to discuss your visitor plan before labor begins.

Yes

If your answer is...

No

- Set the expectations for your visitors. Do you want them to support, comfort, get food, observe quietly, etc.
- Make sure your visitors know your birth preferences. They should be in support of your choices.
- Make sure your visitors know you can change your mind at any given time. You have permission to ask them to leave, even during labor.

- Carefully consider if your visitors will be a positive addition to your labor and birth experience.
- Consider limiting the amount of time your visitors are present. Maybe they are only there for early labor.
- You have permission to say "No" even if it might be a difficult decision. This is your birth space.

Suggestions...

Make sure you and your partner are on the same page before labor begins. Make sure your birth team knows the plan for who will be attending your birth.