



Our Birth Planning Guide



DADDY DOULA SUPPORT GUIDE

Birth Planning for baby:

Our "Due Date"



My Birth Prep Planning Goals

1st Trimester-

2nd Trimester-

3rd Trimester-



MamaShakti Prenatal

PREGNANCY
BIRTH+
POSTPARTUM
EDUCATION



I'm Jessica, Founder of MamaShakti Prenatal.

Congratulations on your pregnancy and the upcoming arrival of your baby. My name is Jessica and I am a Spinning Babies Parent Educator and Doula, Prenatal Yoga Teacher/Fitness Coach, and a mother of two. I strive to help families have a strong pregnancy, empowered birth, and smooth postpartum recovery.

I wrote this guide to help you (birth partners, Dads, spouses, friends) to empowered and confident supporting your loved one on their special day.



Have fun and Happy Birthing!

Daddy Doula Checklist

☐

Take the birth education classes (virtual or live)

☐

Write the Birth Plan/Preferences together

☐

Prepare the Birth Bags together (one for each of you!)

☐

Be active in practicing your COMFORT Measures

☐

Pack clothes, toiletries, SNACKS & "FUN stuff"

☐

Think about your Mental Health Wellness needs

☐

Get comfortable being her ADVOCATE (her voice)

☐

Don't forget to capture the moments (cute pix!)

☐

Respect her wishes regarding visitors- set clear boundaries

Birth Education Classes

Your hospital or birth center may offer birthing classes which is a great resource. I've added a few of my favorite birth classes for parents that are a perfect addition to the traditional childbirth education.



Hire a Virtual Doula that offers virtual childbirth classes. I work with parents all around the World! Contact Jessica at - info@mamashaktiprenatalyoga.com



Take my self-guided online childbirth course , Birthing Your Way, A Mindful Guide to Navigating Labor



Find a Hynobirthing Instructor in your area or try; Hynobirthing- The Mongan Method on Audible.com.



Find a Spinning Babies® Certified Parent Instructor in your area or look one up on; www.spinningbabies.com.



Pampers Diaper Company has a free childbirth education course available on their website, www.pampers.com.



Birthing Books

1. Ina May Gaskin's, Guide to Childbirth
2. Birth without Fear by January Harshe
3. Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood and Trusting Yourself and Your Body by Erica Chidi Cohen
4. The Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companion by Penny Simkin



*Most of these options are available
in audiobook on AUDIBLE


Clarity on Birth Preferences

Why Birth Preferences Matter

Your birth is your experience and it deserves to be shaped by what feels right to you.

Taking time to explore your values, beliefs, and options helps you make informed decisions, not fear-based ones.

Birth preferences are not about controlling the outcome, they're about clarity, communication, and advocacy.

 On the next few slides, I'll walk you through some common birth preferences to consider as you build your own.



Birth Preferences

For the _____ Family

Labor Preferences

1. IV Preferences

- I would prefer to have hydration and food, if allowed for my circumstances.
- I would like to have an IV with fluids.
- I am comfortable with an IV port being placed and used if necessary.

2. Fetal Monitoring Preferences

- continuous electronic fetal monitoring (EFM) throughout my labor and would still like the option to move about.
- Continuous monitoring but with a wireless monitor, if possible.
- I would prefer intermittent auscultation with a handheld doppler.

3. Intervention Preferences (yes, no, or only if medically necessary)

- I am OK with a membrane sweep to begin induction of labor.
- I am open to receiving cervical ripening medications.
- I am comfortable with having a Foley Balloon as an induction method.
- I am open to receiving Pitocin as an induction medication.
- I am OK with nitrous oxide for pain management.
- I am open to pain medicine if needed.
- I am open to receiving an Epidural.
- I am open to having a urinary catheter with my Epidural.
- I am open to having my waters broken- if need be.

4. I would like the option to be able to walk and move freely about during labor if it is possible, given my situation.

5. I would like to limit my cervical checks if I am progressing well and if there is no medical urgency for the procedure.

6. I would like to wear my own clothing for personal comfort.
7. I would like to arrange the environment with softer lighting and music, for my comfort.
 - I would like to bring comfort items from home, i.e., the use of essential oils, a birthing ball, robes or fuzzy socks, small speaker or ear buds for your music, my own pillow or blanket, an eye mask, earplugs, affirmation cards, soft lighting like twinkle lights or LED candles.
8. I would like to limit my distractions while I am in transition if I am in a safe place.
9. I would like the freedom to be able to push in the position of my choice. I would also like some assistance with pushing in alternative positions.
10. I would like to avoid episiotomy, forceps, or vacuum delivery assistance.

Postpartum Care

1. I would like to practice optimal cord clamping for at least ____ minutes or until the cord is white and limp.
2. I would like to have immediate skin-to-skin contact with my baby if they are not in need of special care.
3. I would like to keep my placenta.
4. I would like active management of my third stage with gentle cord traction and the use of Pitocin OR I would like to have a physiological birthing of the placenta (on its own), if possible.

Unplanned or Emergent Cesarean Section Care

1. I would like to remain with my birth partner or support person throughout the procedure and request no loud music and minimal side conversations, please.
2. We would like immediate skin-to-skin contact and kangaroo care if the baby does not need resuscitation, please do not relocate our baby.
3. If the baby needs to be taken to the NICU, I request my partner escort our baby there. If I need to be separated from my baby for more than one hour, I request the use of the hospital pump to begin immediate pumping.
4. We would still like to allow for delayed or optimal cord clamping, if mother and baby are both doing well.
5. Would we be able to request to have a clear drape so we may watch baby emerge from my belly. This choice is a personal preference and one I suggest if you aren't sensitive to the sight of blood. Some hospitals allow for this style of cesarean birth, and some are not set up for this.

Birth Preference Notes

This is a great space to write down questions to ask your provider.



Birth Bag Checklist

Packing Mom's Birth Bag is important. But, don't forget to bring things that will keep you comfortable for 1-3 days in your birthing space.



- 1 Pillows and blankets for both
- 2 Layered clothing options
- 3 Plenty of snacks & drinks you like
- 4 Entertainment items for both
- 5 Birthing gown + comfort items
- 6 Device chargers (laptops, phones)
- 7 Alternative lighting sources
- 8 Essential Oils to help w/ nausea
- 9 Newborn carseat, clothing, etc.
- 10 Toiletries for both

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Birth Bag Checklist Notes



Make a note of anything else you and your partner would like to bring for comfort.

Comfort Measures

Partner Supported Comfort Measures can help your partner navigate those contractions with more ease. In MamaShakti's Virtual Birth Prep sessions, I dedicate time to show you many ways to support your partner.



Massage

**Bum
Jiggling**



Belly Sifting

**Counter
Pressure**



Mental Health Support in the Birth Space

Supporting your mental health as well as hers is important.

Labor can be challenging for both of your nervous systems.

For MOM

1. Find guided birth meditations online and start listening to them from 36 weeks of pregnancy.
2. Research Grounding Techniques for when Labor gets really intense.
3. Practice Breathing Exercises to help you navigate each stage of Labor (good for both!).





For Dad/Partner

1. Take a short walk outside. Get some sun exposure on your face.

2. Take a shower. This one could go for both of you. A shower has powerful nervous system reset capabilities.

3. Have someone you can call and healthy "vent" or debrief with.

4. If you have a Doula or trusted family member providing additional support, head down to the cafe for a quick snack.

Sometimes, Labor can be days long and it is OK to find take short breaks if your partner is feeling supported by the other person.



Other ideas for my mental
health support.



Advocacy in the Birth Space

Your partner may not always be able to speak up for themselves during their birthing experience.

Even strong-willed and outspoken people can become overwhelmed during different stages of Labor and not able to communicate their needs. This is why writing your Birth Plan together and being CLEAR on how they want things to unfold during Labor should take place. As long as their health and the baby's health are not compromised, she may wish to avoid some interventions but is unable to verbally decline.

If you are BOTH being presented with potential interventions that she initially did NOT want, ask your providers the following questions:

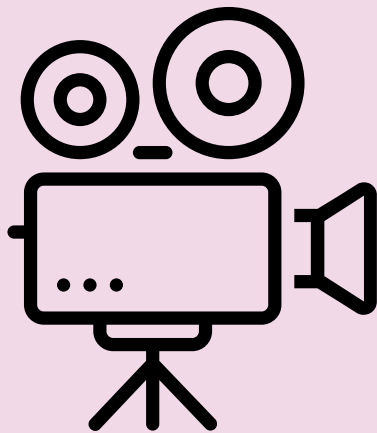
- What are the risks & benefits of these interventions?
- May we please have a private moment to discuss this?

Capture the Moments!

Discuss what type of documentation you both would like to have prior to the big day.

Do you want to hire a professional birth photographer?

If not, please try to snap some cute pix.



Ask her prior to birth, "Do you want video and photos?"

It's easy to get caught up in supporting her, so, how do you plan on capturing the moments on film?



Discuss the Birth Space Visitor Plan

Having visitors can feel nice and welcoming to some parents and stressful to others. Here are a few questions and prompts to discuss prior to your birthing day.

1. Whom would we like to visit in our birth space?
2. Do we want to wait a certain amount of time before inviting people into our home or birth space?
3. Is our initial thought of visitors a good one, or not?

Prompts for Visitors

1. We are looking forward to your visit when we have had some time to process and rest after the birth.
2. We ask that you not wear perfumes or other fragrances around our newborn.
3. We ask that you wait to visit if you've felt ill or been sick in the last 7-10 days.

Other Notes Regarding Visitors.

Did you like my Daddy Doula Support Guide?

If you would like information on how to have personalized classes with me or if you would like a coupon for 50% off my online child education course, email me here:

info@mamashaktiprenatalyoga.com

