

- Pack 4 bags
- Stroke, caress wobble

Birth and postnatal plans

B.R.A.I.N. decision making

Personalize birth suite

Active birth positions

Building attachment

Breathing techniques

Avoid strong smells

Aromatherapy

Team work

Infant first aid training

Relationship Management

Romance during pregnancy

Protect, warmth, safe, secure

Loving, nurturing, tender

Relationship maintenance

Encourage mental toughness

Self and partner fear reduction

Calm, focused, wise, confident, present

Monitor self and partner mental health

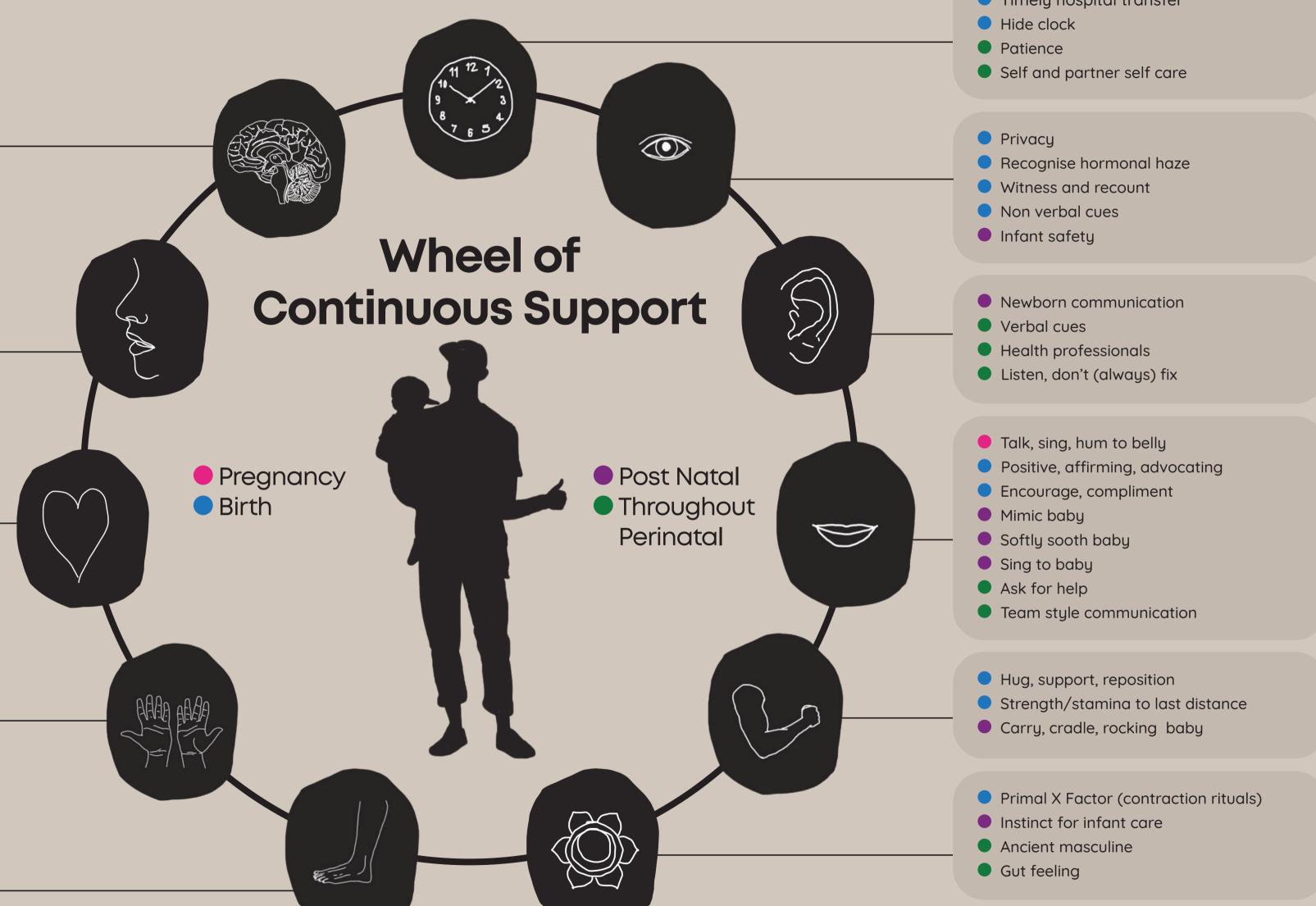
Antenatal Education

Pregnancy support,

Massage, Knead

Oxytocin provider

- Pat baby after feed
- Pat baby to sleep
- Massage baby
- Nappy change
- Bath baby
- Cook, housework
- Transport
- Fetch
- Pram walks



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