



**prepare**  
FOUNDATION

## Wheel of Continuous Support



● Pregnancy  
● Birth

● Post Natal  
● Throughout Perinatal

- Birth and postnatal plans
- Antenatal Education
- Pregnancy support,
- Self and partner fear reduction
- Calm, focused, wise, confident, present
- B.R.A.I.N. decision making
- Encourage mental toughness
- Personalize birth suite
- Active birth positions
- Building attachment
- Infant first aid training
- Team work
- Monitor self and partner mental health
- Relationship Management

- Breathing techniques
- Aromatherapy
- Avoid strong smells

- Romance during pregnancy
- Loving, nurturing, tender
- Protect, warmth, safe, secure
- Oxytocin provider
- Relationship maintenance

- Pack 4 bags
- Stroke, caress wobble
- Massage, Knead
- Pat baby after feed
- Pat baby to sleep
- Massage baby
- Nappy change
- Bath baby
- Cook, housework

- Transport
- Fetch
- Pram walks

- Contraction Timing
- Timely hospital transfer
- Hide clock
- Patience
- Self and partner self care

- Privacy
- Recognise hormonal haze
- Witness and recount
- Non verbal cues
- Infant safety

- Newborn communication
- Verbal cues
- Health professionals
- Listen don't (always) fix

- Talk, sing, hum to belly
- Positive, affirming, advocating
- Encourage, compliment
- Mimic baby
- Softly sooth baby
- Sing to baby
- Ask for help
- Team style communication

- Hug, support, reposition
- Strength/stamina to last distance
- Carry, cradle, rocking baby

- Primal X Factor (contraction rituals)
- Instinct for infant care
- Ancient masculine
- Gut feeling

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