

FROM BIRTH TO Parenthood

Preparing Your Relationship for Your Biggest Adventure

Preparing for a baby is about more than buying essentials or writing a birth plan. It is also about understanding how each of you responds to stress, how you want to be supported, and how you will protect your connection during birth and the early weeks at home.

Set aside 20-30 minutes to complete this worksheet together. There are no perfect answers. The purpose is to create a shared language, notice where your expectations differ, and decide how you want to meet this transition as a team.

You cannot prepare for every moment, but you can prepare
how you will meet those moments together.

Birth parent

Partner

Estimated due date

Date completed

BEGIN TOGETHER

Start with the hopes and uncertainties already present in the room. Listen without correcting, reassuring too quickly, or trying to solve.

One thing I am most excited about is...

One thing I feel uncertain or nervous about is...

When we look back on this season, I hope we remember...

A BIRTH GUARDIAN REFLECTION

Before a baby is born, a family is already learning how to hold one another.

KNOWING EACH OTHER UNDER STRESS

Birth and early parenthood can make familiar coping patterns much stronger. Knowing those patterns in advance helps you respond with care rather than taking them personally.

BIRTHING PARENT

When I feel overwhelmed, I tend to...

What helps me feel safe is...

What makes things harder is...

I feel most supported when you...

PARTNER

When I feel overwhelmed, I tend to...

What helps me stay grounded is...

What makes things harder is...

I feel most useful and connected when...

WHAT SUPPORT LOOKS LIKE FOR US

When the birthing parent is stressed, what may help?

- | | |
|---|--|
| ☐ Quiet presence | ☐ Eye contact |
| ☐ Reassuring words | ☐ Clear information |
| ☐ Gentle touch | ☐ Firm counterpressure |
| ☐ Space and less talking | ☐ Help making a decision |
| ☐ Reminders to breathe or move | ☐ Someone to speak with the care team |

A phrase that helps me feel supported is...

A phrase or response that does not help me is...

When either of us becomes overwhelmed, our plan is to...

A BIRTH GUARDIAN REFLECTION

Safety is not only what surrounds a woman in birth. It is what she feels in the people beside her.

BIRTH AS A TEAM

A birth plan communicates preferences. Birth preparation helps you stay connected, informed, and involved even when the plan changes.

OUR THREE MOST IMPORTANT BIRTH PRIORITIES

1	
2	
3	

THE PARTNER'S ROLE

- | | |
|--|--|
| ☐ Protect a calm atmosphere | ☐ Offer water and nourishment |
| ☐ Support movement and position changes | ☐ Use touch or counterpressure |
| ☐ Remind me of my preferences | ☐ Help ask questions |
| ☐ Notice when I need quiet | ☐ Stay close if plans change |
| ☐ Keep family updated | ☐ Take photos only when invited |

The most important thing I want my partner to remember during labour is...

WHEN BIRTH CHANGES DIRECTION

When medically appropriate, pause and ask:

What has changed?	How urgent is the decision?
What are the benefits and risks?	Are there alternatives?
Can we have a moment to talk?	What matters most to us now?

If the birth is different from what we hoped, we want to protect...

A BIRTH GUARDIAN REFLECTION

A birth plan may change. Respect, voice, and connection should not.

THE EARLY WEEKS AT HOME

The early weeks are not a test of independence. Recovery, feeding, newborn care, sleep disruption, and changing roles require practical support and honest communication.

CARING FOR THE MOTHER

- ☐ Meals and regular snacks
- ☐ Medication reminders if needed
- ☐ Help with feeding
- ☐ Time to shower and reset
- ☐ Household tasks handled
- ☐ Water and hydration
- ☐ Protected rest
- ☐ Visitors managed by someone else
- ☐ Space to talk about the birth
- ☐ Compassion without pressure

The birthing parent will be cared for by...

SHARING RESPONSIBILITY

Task	Who will take ownership?	Who is our backup?
Meals / groceries		
Laundry / household		
Night-time baby care		
Appointments / admin		
Visitors / family updates		

VISITORS AND BOUNDARIES

Our visitor plan for the first days or weeks is...

The sentence we can use when we need to say no or postpone a visit is...

A BIRTH GUARDIAN REFLECTION

Caring for the mother is not separate from caring for the baby. It is where newborn care begins.

PROTECTING OUR CONNECTION

Small, honest check-ins can prevent exhaustion from turning into distance or resentment. The goal is not to solve everything in five minutes. It is to notice each other.

OUR FIVE-MINUTE DAILY CHECK-IN

1	How are you physically?
2	How are you emotionally?
3	What feels hardest today?
4	What do you need from me?
5	What can we simplify, postpone, or release?

OUR SUPPORT CIRCLE

Who can help?	What can we ask them to do?

Signs that tell us one of us needs more support may include...

The first person or professional we will contact is...

ONE PROMISE

Complete this sentence privately, then read it to one another.

One way I promise to support you during this transition is...

This worksheet is educational and is not a substitute for individualized medical, mental-health, or relationship support.

A BIRTH GUARDIAN REFLECTION

Parenthood asks us not to be perfect, but to keep returning to one another with honesty and compassion.