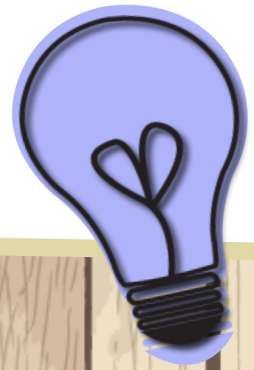


Visitors at Your Birth?

Can they pass the test?



Visitor Test for Birth



I feel comfortable doing the following in front of my visitor(s) *check all that apply*

- | | | |
|--------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Pee | <input type="checkbox"/> Fart | <input type="checkbox"/> Vomit |
| <input type="checkbox"/> Poop | <input type="checkbox"/> Cry | <input type="checkbox"/> Moan |
| <input type="checkbox"/> Sweat | <input type="checkbox"/> Scream | <input type="checkbox"/> Swear |

Did you check all of the above?

Yes!

Now is a great time to work on a
visitor plan

- Set the expectations for your visitors. Do you want them to support, comfort, help your partner, get food etc.
- Make sure your visitors know your birth preferences. They should know how you want it to go and be in full support.
- Make sure all visitors know that you can change your mind at any time and kick them out of the room. Reserve this right up front!

No!

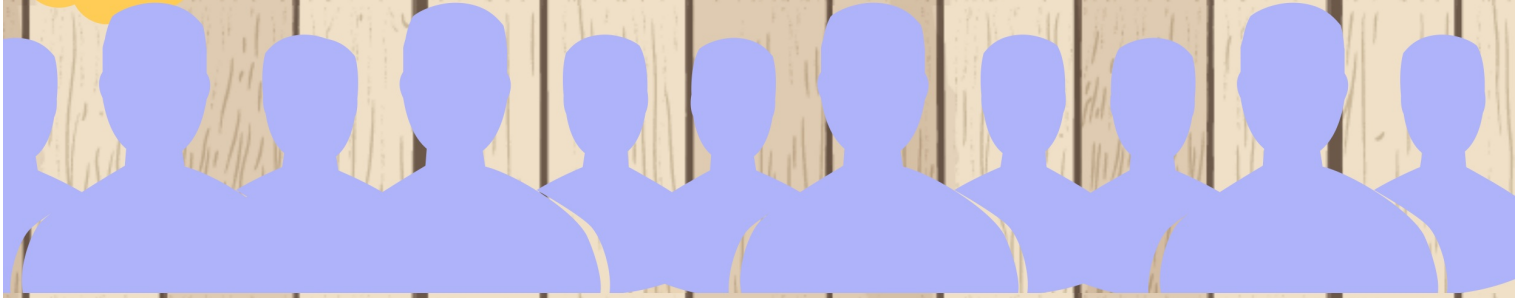
Now is a great time to work on a
visitor plan

- Carefully consider if your visitors will be a positive addition to your labor. You might reconsider your visitor list.
- Consider limiting the amount of time you spend with your visitors in labor.
- You could limit the stage of labor that visitors are allowed. For example: visitors only in early labor.

Why Does This Matter?

Even the most well-meaning visitor can impact your labor. A frowning face, chatty friend or worrying grandmother-to-be can cause concern in the laboring woman. The result is often a slowing down of labor.

A watched pot never boils!



Tips for Success

» Discuss the topic of visitors with your partner. You should be 'on the same page' before labor begins. Don't wait to decide in labor!

» Make sure your support team knows the visitor plan. For best success keep nurses and doulas informed.

» Give yourself permission to say 'NO' even if it might be a difficult conversation. Saying 'NO' is your right!

Birth: A Day You Will Remember For a Lifetime

