



THE ULTIMATE BIRTH TEAM CHECKLIST:

Conversations
Every Couple Needs Before
Labour

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WELCOME



At New Moon Baby, we get it—birth is one of the most transformative experiences you'll go through, and it's not just about you, but your birth partner too. Our focus is on helping you both feel empowered with the right tools and knowledge, so that labour becomes something you face together with confidence.

What might feel overwhelming right now can actually be an opportunity to grow closer, working as a team every step of the way.

This checklist is here to help you and your birth partner talk openly and plan together. It'll make sure your partner knows exactly how to support you—emotionally, physically, and mentally—so that when the time comes, you'll both walk into labour feeling connected and totally prepared.

*Love
Theresa x*

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1

Birth Preferences and Plan

- Discuss the type of birth you envision (hospital, home birth, birthing centre)
- Talk about pain relief options: natural methods, hypnobirthing, or medical interventions.
- Consider how you want to handle unexpected changes to the birth plan.

2

Comfort Measures

- Go over different positions that can help ease labour discomfort. Think Upright, Forward and Open!
- Talk about how your partner can help with breathing exercises and relaxation techniques
- Explore the use of massage, light touch, or acupuncture for pain relief

3

Creating the Ideal Birth Environment

- Discuss the type of environment you want: lighting, music, scents, or hypnobirthing scripts
- Agree on how to maintain calm and positivity in the birth space
- Consider any specific requests, such as who will be in the room with you during labour

4

Decision Making During Labour

- Talk about how decisions will be made if unexpected situations arise
- Ensure that your birth partner understands your preferences and feels confident advocating for you
- Discuss how to communicate effectively with healthcare providers

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5

Advocating for Her Needs with Healthcare Providers

- Agree on key decisions you've made together (like minimal interventions, optimum cord clamping etc and how your partner will ensure they're honoured)
- Ensure that your birth partner feels confident speaking up if something goes against your birth plan

6

Time Management and Rest

- Consider how your birth partner can keep an eye on time-sensitive decisions, like when to leave for the hospital or when to call your midwife
- Create a plan for how your partner will help you conserve your energy by encouraging rest between contractions when possible

7

Remember Hypnobirthing Techniques

- Review the breathing exercises, visualisation, and relaxation techniques you've learned
- Make sure your birth partner is comfortable guiding you through hypnobirthing prompts
- Plan for how your partner will help maintain a calm environment if things get intense

8

After Birth

- Discuss what's most important to you immediately after the birth (skin-to-skin, breastfeeding, etc)
- Consider how your birth partner can support you in the hours after birth—emotional support, food, or helping with the baby
- Talk about your partner's role in newborn care and how you can continue to support one another in the postpartum period

THANK YOU!

The Ultimate Birth Team Checklist....

By taking the time to have these important conversations before labour, you are setting yourselves up for a positive and empowering birth experience. These discussions will deepen your bond, align your expectations, and ensure that you enter labour as a strong, united team.



Birth is a powerful journey, and at New Moon Baby, we are here to support you every step of the way. Whether you're just starting to explore hypnobirthing or you're looking for more personalised guidance, we're ready to help you on this transformative path.

For more resources, support, or to book a hypnobirthing course, contact New Moon Baby today. Together, we can create the positive birth experience you deserve. Your positive birth starts here.

CONTACT US NOW!

*Love
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