

## Partner's Responsibilities

**H YDRATION** (offer her juice, water or popsicles after each contraction. She might also like watermelon, cucumber, grapes, etc.)

**E NDEARMENT** (tell her you love her, you're proud of her, she's amazing and beautiful)

**L IGHTS** (ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed)

**P ROTECT/Advocate** (if your doula says, 'the nurse or doctor WANTS ... you can say your partner doesn't want that or ask them to stop and explain)

**S OUNDS** (keep the music playing to make her feel at home and block unwanted sounds – always ask if this is the music she wants to hear now)

---

★ B\*E\*S\*T Doula Service ★ (877) 436-8528 ★ [www.bestdoulas.com](http://www.bestdoulas.com) ★

## Partner's Responsibilities

**H YDRATION** (offer her juice, water or popsicles after each contraction. She might also like watermelon, cucumber, grapes, etc.)

**E NDEARMENT** (tell her you love her, you're proud of her, she's amazing and beautiful)

**L IGHTS** (ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed)

**P ROTECT/Advocate** (if your doula says, 'the nurse or doctor WANTS ... you can say your partner doesn't want that or ask them to stop and explain)

**S OUNDS** (keep the music playing to make her feel at home and block unwanted sounds – always ask if this is the music she wants to hear now)

---

★ B\*E\*S\*T Doula Service ★ (877) 436-8528 ★ [www.bestdoulas.com](http://www.bestdoulas.com) ★

## Partner's Responsibilities

**H YDRATION** (offer her juice, water or popsicles after each contraction. She might also like watermelon, cucumber, grapes, etc.)

**E NDEARMENT** (tell her you love her, you're proud of her, she's amazing and beautiful)

**L IGHTS** (ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed)

**P ROTECT/Advocate** (if your doula says, 'the nurse or doctor WANTS ... you can say your partner doesn't want that or ask them to stop and explain)

**S OUNDS** (keep the music playing to make her feel at home and block unwanted sounds – always ask if this is the music she wants to hear now)

---

★ B\*E\*S\*T Doula Service ★ (877) 436-8528 ★ [www.bestdoulas.com](http://www.bestdoulas.com) ★

## Partner's Responsibilities

**H YDRATION** (offer her juice, water or popsicles after each contraction. She might also like watermelon, cucumber, grapes, etc.)

**E NDEARMENT** (tell her you love her, you're proud of her, she's amazing and beautiful)

**L IGHTS** (ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed)

**P ROTECT/Advocate** (if your doula says, 'the nurse or doctor WANTS ... you can say your partner doesn't want that or ask them to stop and explain)

**S OUNDS** (keep the music playing to make her feel at home and block unwanted sounds – always ask if this is the music she wants to hear now)

---

★ B\*E\*S\*T Doula Service ★ (877) 436-8528 ★ [www.bestdoulas.com](http://www.bestdoulas.com) ★