



BIRTH PARTNER CHECKLIST

GETTING TO THE HOSPITAL

- ☐ Keep your car charged or topped up with fuel
- ☐ Work out the route and travel time in advance
- ☐ Know where the labour ward or birth centre entrance is
- ☐ Know where to park and bring change for the car park machine, if needed
- ☐ Bring the mum-to-be's hospital bag - and your own
- ☐ Bring the maternity notes and birth plan
- ☐ Make sure your phone is charged at all times
- ☐ Put towels and bottled water in the car
- ☐ Learn how to fit the baby seat into the car
- ☐ Make sure you also know where things are in your partner's hospital bag so you can help to find anything she needs during labour.