

Mental Preparation for Birth

Reflection Worksheet for Birthing Families & Support People

For the Birthing Person

- When you are sick or overwhelmed, what helps you feel comforted or cared for?
- What did your caregivers do when you were sick as a child? What was helpful—or what do you wish they had done differently?
- When you feel physically exhausted, what helps you restore your energy?
- When you're afraid of what's ahead, what helps you find courage and move forward?

For Your Support Person

- When you're mentally, physically, or emotionally exhausted, what helps you recharge?
- When you're worried about what may happen, what helps you stay calm and present?
- When you feel helpless or out of control, how do you usually respond?
- When you want to help someone you love but aren't sure what they need, how can you stay supportive?

Take time to discuss your answers together before labor begins. Understanding each other's needs can improve communication, reduce stress, and help everyone feel more supported during birth.