

Hey There!

If you are reading this right now you are likely getting ready to become a new parent and your partner is wanting you to be fully prepared so that you can both have the best experience possible.

Having a baby is the MOST amazing experience you will ever have...I am SURE of it!

It's possible that your partner has already enrolled herself in birth classes and she is getting prepared for the big day, but maybe you haven't found a way to get prepared without all of the heavy-duty details that you just don't want (or need) to know.

My name is Nichole and I have been a Labor & Delivery nurse and Lactation Specialist (IBCLC) for 17 years in the hospital, and I am here to tell you that there is GOOD NEWS!

You don't have to take all the same classes your partner is taking...

But you DO need to be prepared.

This list will get you started on the research you will want to do ahead of time so that you and your partner are not super stressed out during the remainder of pregnancy and while giving birth.

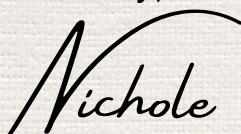
Now, I have seen amazing partners that are super supportive and I have seen terrible ones too.

I know you want to be amazing and turn into her hero in the labor room, so make sure you do your research on these topics below and check them off as you learn and feel confident.

My Daddy course "[Dude, You've Got This](#)" covers everything a new dad needs to know and it will leave you feeling super confident...plus it can be easily accessed via an app on your phone so if you are short on time you can access it on-demand whenever you have time.

If you don't want to do all the research yourself or are short on time you can visit my website and check out my classes and I can help! ([The best deal is found in my bundle of courses if you click here](#))

Sincerely,

A handwritten signature in black ink that reads "Nichole". The signature is written in a cursive, flowing style with a long, sweeping underline that arches over the name.

# PARTNER CHECKLIST

- Create A To Do List To Be Done Before Baby Arrives & Do It  
.....
- Learn How To Change Diapers, Feed, Calm, Burp, Clean Bottles, etc.  
.....
- Learn How To Help With Breastfeeding or Bottle feeding  
.....
- Learn How To Help During Labor (Breathing, Calm, Pushing, Expectations)  
.....
- Learn Massage Techniques (Counter pressure & Double Hip Squeeze, etc)  
.....
- Learn How To Set Up The Hospital Room For Delivery (Relaxation)  
.....
- Learn How And When To Advocate For Your Partner During Labor  
.....
- Interview & Hire A Doula If You Are Not Going To Be The Birth Coach  
.....
- Plan What To Pack In Your Hospital Bag & Start Getting Packed By 30 Weeks  
.....
- Learn How To Help Count & Time Contractions or Get An Awesome App  
.....
- Know Who To Contact For Help (Pet Sitter, Doula, Pediatrician, OB/Midwife/Hospital)  
.....
- Know Who Is Allowed In The Room During And After Delivery  
.....
- Learn To Be The Gatekeeper Of The Labor Room & Home So Your Partner Can Rest  
.....
- Be Ready To Speak To The Insurance Company If Needed  
.....
- Know The Plan If Baby Needs NICU Level Care or A Transfer To Another Hospital  
.....
- Know What To Say & What NOT To Say (What Are Your Partner's Expectations?)  
.....
- Learn How To Recognize Postpartum Depression & Who To Call For Help  
.....
- Help Create The Birth Plan & Understand Why It's Important  
.....
- Ask Permission OR Stay Off Your Phone/Devices - Your Partner & New Baby Need Your Full Attention (It WILL Make Her Angry - And She Is Already Emotional.)  
.....