

My thoughts, feelings and questions:

6. In some maternity units your birth partner can stay with you in all areas, 24 hours a day...

- ☐ I am aware of my maternity unit's local policy on birth partners staying with me
- ☐ I am not sure/I would like to find out more

Ask your midwife for information on your local maternity unit.

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7. Thinking about having things ready at home...

Think about what things you could do now to make caring for yourself and your baby easier at home.

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8. Thinking about who will be able to support you after giving birth when at home...

Your partner, friends, family or a neighbour, it's worth considering who will be able to help you at home.

My thoughts, feelings and questions:
