

Because agreement with your partner is vital, you need to learn what she thinks birth is about and where she sees you fitting in. If she is scheduling a trip to Ontario and you are flying to Dallas, you may have trouble keeping things together. You need to work together on this. Write a birth plan. There is a book that is titled “Write It Down, Make It Happen.” Well birth isn’t that simple, but if you don’t write it down, you probably can’t make it happen, and if you don’t write it down together, you will not know what you are supposed to be doing as this thing unfolds.