

Doula for Dad Luke Patterson Birth Plan

22 Weeks --- Plan 1

01

Building Bonds with Baby

4 Strategies to connect with baby at 20 weeks



Push Up Pulsing

Complete as many push ups as possible (in 1 minute) and afterwards hug your partners stomach. Repeat in the morning and before bed daily. Try it in 2-3 round intervals



Silent Rubbing

Hold your partner from behind and ensure that the hands are placed at the sides of the stomach. Spend 3-5 minutes silently rubbing with natural oils or butters.



Talking to baby

Spend 3-5 minutes speaking directly to baby. Spend all of the time on positive discussion...and don't be afraid to laugh.



Music For Baby

Create a diverse selection of instrumental music to play for baby. Review in follow up session

TIPS!!!

- Be consistent with your push ups
- Be hydrated for your pushups
- When you talk to baby fluctuate your voice
- Silent rubbing is good for baby & mom do it often
- Create mood playlists for your baby

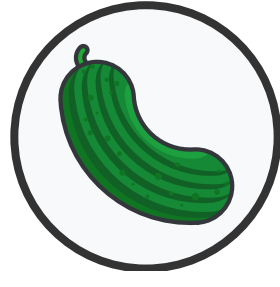
02

Healthy diet options to include in your (and Moms) eating practices.



5 Color Rule

In all of your meals attempt to eat foods consisting of 3-5 colors. It would be optimal if green was the primary color consumed (#message)



Cucumber Water

Cucumber water is an excellent hydrator in addition to being a detoxifier. You can either infuse the cucumber water by letting its sit in chilled water for several hours or you can cold brew it by allowing the cucumber to have ice melted over it while exposed to sunlight. (It is highly recommended that you cut the cucumber in slices for use)



Blueberry Surprise

Blueberries are high in vitamin c, folic acid, potassium, & beta carotene which all help to develop heathy skin cell and immune systems for babies. Tip-Eat blueberries after a high protein or iron filled meal to help digest the nutrients better!

TIPS!!!

- One way to assist your partner is to prep these items for your partner and have them easily accessible
- Meal prep may be the way to go! Spending time preparing meals a day or two in advance can help in making healthy eating choices.

03

Ways to assist your partner during pregnancy

Physical



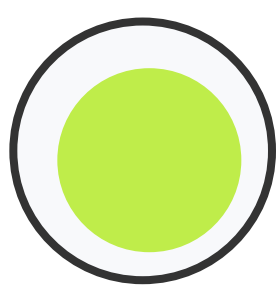
Forearm Grip

If your partner is in pain or experiencing stress, a strategy to offer support is to allow them to grip your forearm. While they are squeezing be sure to turn your wrist and flex your forearm muscles. This allows them to feel physical support and focus energy on squeezing and relieve tension.



Feet to feet

A way to reduce pressure and stretch your pregnant partner is to utilize feet to feet stretching. In this activity both partners place their feet against one another's. The pregnant partner places their knees even with the bottom of their belly. The non pregnant partner places their knees at a 90 degree angle. The non pregnant partner stretches the pregnant partner by pushing against their feet (the non pregnant partner will be pushing their own feet forward. The pregnant partner can push back minimally but not to the point of strain. Practice this as a stress reliever and discuss your level of comfort as you experiment



Tennis Ball Massage

Use a tennis ball to massage all of the stress points in a circular motion on the body to include knees, back, hamstrings, calves, and shoulders. This is a very simple tool to provide support in a physical way to your partner.

Non-Physical



Active Listening

This is a very simple demonstration of care. Listen to the feelings and thoughts of your pregnant partner and identify an item that you can create an action around to support them. Inform them on what you will do to help and act on it in a timely manner.



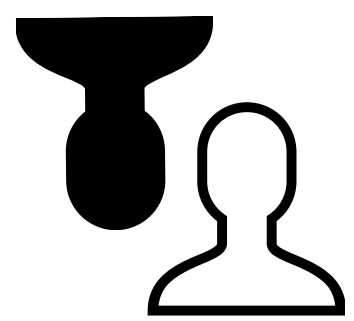
"Tell me more"

Utilize the phrase "Tell me more" when you are having conversations with your pregnant partner in order to hear the full scope of their thoughts, frustrations, emotions, and plans. This simple phrase can extend a conversation and help you as a partner identify actionable items in order to assist.



2 Inch talking

This strategy is something that enhances intimacy and can allow for a feeling of support without physical contact. All that it requires is being 2 inches away from a partner when speaking. (The most relaxed way to do this is while laying down with your heads close and bodies facing opposite directions.)



TIPS!!!

- Feet to feet can be enhanced by going barefoot
- Forearm gripping is an easy way to show your partner that you are there for them
- 2 inch talking is an intimacy enhancement strategy that builds chemistry & intensity
- Try 2 inch talking in multiple ways and figure out what works best for you