



Empowering yourself during pregnancy can make the journey more fulfilling and help you feel more in control of your experience.

Here are some tips to cultivate a sense of empowerment during pregnancy:

1. Educate Yourself Thoroughly

- Knowledge is power. Educate yourself about pregnancy, childbirth, and postnatal care through reputable books, online courses, and discussions with healthcare providers. The more you know, the more confident you'll feel in making informed decisions.

2. Create a Birth Plan

- A birth plan outlines your preferences for labour and delivery, helping you feel more in control. While flexibility is important, knowing your options and having a plan can give you a sense of empowerment.

3. Take Charge of Your Healthcare

- Actively participate in your prenatal care. Ask questions, voice concerns, and seek second opinions if necessary. Building a trusting relationship with your healthcare provider ensures that your preferences are respected.
- Know who to call when – MAMA's When to Call the Midwife webpage empowers you with symptoms to look out for and report to your maternity team without delay. The MAMA Pregnancy Passports help keep you empowered with essential pregnancy information and there's a place to store all the numbers you need as well as your vital health information should you need to attend a hospital that can't access your medical notes.

4. Nurture Your Body

- Empower yourself by taking excellent care of your body through nutrition, regular exercise, and adequate rest. Knowing that you're doing your best to keep yourself and your baby healthy can boost your confidence.

5. Connect with Your Baby

- Build a strong bond with your baby through practices like talking, singing, or reading to your baby bump. This connection reinforces your role and can be deeply empowering.
- Monitor your baby's movements. Get to know their individual movement pattern and report any change in their behaviour to your maternity team straight away.

6. Build a Support Network

- Surround yourself with supportive friends, family, or join prenatal groups where you can share experiences and receive encouragement. Knowing you have a support system can greatly enhance your sense of empowerment.

7. Embrace Your Changing Body

- Pregnancy brings significant physical changes. Embrace these changes as a sign of the incredible work your body is doing. Wear clothes that make you feel comfortable and confident and celebrate your body's strength.

8. Cultivate a Positive Mindset

- Practice affirmations and positive thinking. Remind yourself of your strengths and capabilities. Visualising a positive pregnancy and birth experience can boost your mental and emotional resilience.

9. Set Personal Boundaries

- It's okay to set boundaries with others regarding advice, opinions, or physical touch. Protecting your mental and emotional space is a powerful way to stay in control of your pregnancy experience.

10. Stay Connected to Your Partner

- Empower yourself by maintaining open and supportive communication with your partner. Involve them in the process and make decisions together to ensure you both feel empowered and prepared for parenthood.

11. Trust Your Instincts

- Trust your intuition and inner wisdom when it comes to your body and your baby. If something doesn't feel right, speak up. Empowerment comes from knowing you have the right to advocate for yourself.

12. Celebrate Milestones

- Acknowledge and celebrate every small and big milestone during your pregnancy. This could be as simple as the first kick or a healthy check-up. Celebrating these moments reinforces the progress you're making and builds confidence.

13. Engage in Self-Care

- Prioritise self-care practices that make you feel good, whether it's a relaxing bath, a massage, or quiet time with a book. Taking time for yourself helps you recharge and feel more in control.

14. Prepare Mentally for Childbirth

- Consider taking prenatal classes, practicing mindfulness, or engaging in relaxation techniques that prepare you mentally and emotionally for childbirth. Understanding what to expect can reduce fear and enhance your confidence.

15. Stay Flexible

- While empowerment involves planning and preparation, it's also important to remain flexible. Accept that things may not always go as planned, and being adaptable can help you feel empowered even in unexpected situations.

By focusing on these strategies, you can cultivate a strong sense of empowerment throughout your pregnancy, setting a positive tone for your journey into parenthood.

Partners

Involving partners in the pregnancy journey is essential for building a strong, supportive relationship and ensuring both parents feel connected to the experience.

Here are some ways to involve partners during pregnancy:

1. Attend Appointments Together

- Encourage your partner to join you for prenatal appointments, ultrasounds, and any relevant tests. This helps them feel included and gives both of you the opportunity to ask questions and discuss concerns directly with healthcare providers.

2. Share Information

- Keep your partner informed about what's happening with the pregnancy by sharing articles, books, or resources. Discuss what you're learning and ask them to share their thoughts and feelings.

3. Create a Birth Plan Together

- Collaborate on a birth plan, discussing your preferences for labour, delivery, and postnatal care. This ensures both of you are on the same page and can make decisions together.

4. Attend Prenatal Classes as a Team

- Sign up for childbirth, parenting, and prenatal classes together. These classes prepare both of you for the upcoming changes and provide an opportunity to learn skills that will benefit you both.

5. Encourage Emotional Support

- Share your feelings and encourage your partner to express theirs. Pregnancy can bring up a lot of emotions, and open communication strengthens your relationship and mutual understanding.

6. Involve Them in Baby Preparations

- Engage your partner in preparing for the baby, such as setting up the nursery, shopping for baby items, or choosing names. Working together on these tasks can be a bonding experience.

7. Practice Together

- If you're practicing relaxation techniques like breathing exercises or prenatal yoga, invite your partner to join you. They can learn techniques that might be helpful during labour and childbirth.

8. Discuss Roles and Expectations

- Have conversations about parenting roles and expectations. Discuss how you'll share responsibilities during pregnancy and after the baby arrives. This helps to ensure that both partners feel prepared and involved.

9. Celebrate Milestones Together

- Celebrate pregnancy milestones, such as feeling the baby's first kick or reaching the halfway point. These moments can be special bonding opportunities for you and your partner.

10. Encourage Bonding with the Baby

- Encourage your partner to bond with the baby by talking, singing, or reading to your tummy. Feeling the baby move and responding to your partner's voice can create a special connection even before birth.

11. Involve Them in Decision-Making

- Whether it's choosing a paediatrician or discussing birthing options, involve your partner in decision-making. This reinforces that you're a team and their input is valued.

12. Support Their Emotional Well-Being

- Recognise that your partner might also experience stress or anxiety about becoming a parent. Encourage them to seek support if needed and be there for them emotionally as they navigate their own feelings about the pregnancy.

13. Include Them in Social Support Networks

- Invite your partner to join pregnancy support groups, online forums, or gatherings with other expectant parents. Connecting with others going through similar experiences can help them feel more involved and less isolated.

14. Plan for the Future Together

- Talk about your hopes and dreams for your family's future. Discuss how you'll raise your child, your values, and what kind of parents you want to be. This helps align your goals and strengthens your partnership.

15. Acknowledge Their Efforts

- Show appreciation for your partner's involvement and support. Acknowledging their efforts reinforces their importance in the pregnancy journey and strengthens your relationship.

By involving partners in these meaningful ways, both of you can share in the joys and challenges of pregnancy, creating a strong foundation for parenting together.