

As a birthing partner, advocating for your loved one during childbirth is crucial, especially if you feel that the midwife isn't listening to their needs or concerns.

Here are some scripts that you can use to ensure your partner's voice is heard and that they receive the care they need:

1. Expressing Concerns About Pain or Discomfort

- **Script:** "My partner is in a lot of pain right now, and it seems like the current pain relief isn't working. Can we please discuss other options or find a way to make her more comfortable?"

2. Requesting a Change in Position or Approach

- **Script:** "She's mentioned that this position isn't working for her. Can we try a different position or approach that might be more comfortable?"

3. Asserting the Need for a Break or Pause

- **Script:** "I think she needs a moment to gather herself. Can we take a short break before we proceed with the next step?"

4. Requesting Clarification or More Information

- **Script:** "We're both feeling a bit unclear about what's being asked of her. Could you please explain the situation again, so we fully understand the options?"

5. Expressing Concerns About the Birth Plan

- **Script:** "It seems like we're moving away from the birth plan we agreed on. Can we revisit it and discuss how we can stick closer to what she wanted?"

6. Addressing Communication Issues

- **Script:** "I feel like my partner's concerns aren't being fully acknowledged right now. It's important that her wishes are respected and that we're all on the same page."

7. Requesting More Time Before Making a Decision

- **Script:** "This is a big decision, and she's feeling overwhelmed. Can we take a bit more time to discuss the options and make sure she's comfortable with what's happening?"

8. Expressing the Need for Emotional Support

- **Script:** "She's feeling really anxious, and I think she could use some extra support and reassurance. Can we take a moment to address how she's feeling emotionally?"

9. Asserting the Right to Refuse or Request a Procedure

- **Script:** "She's not comfortable with this procedure right now and would like to explore other options. Can we

discuss alternatives that align more with her preferences?"

10. Requesting a Change in Care Provider (if necessary)

- **Script:** "We don't feel like we're getting the support we need right now. Is there someone else on the team who can help us find a better way forward?"

11. Emphasising the Need for Respectful Communication

- **Script:** "It's important to us that her voice is respected in this process. Can we make sure that her preferences are considered in the decisions we're making?"

12. Advocating for Shared Decision-Making

- **Script:** "We'd like to be more involved in the decision-making process. Can you help us understand all the options so we can make informed choices together?"

13. Reiterating Confidence in Your Partner's Intuition

- **Script:** "She knows her body well, and she's feeling like something isn't right. Please listen to her concerns so we can address them properly."

14. Asking for More Patience and Understanding

- **Script:** "This is a challenging time for her, and she needs a bit more patience and understanding. Can we slow things down to make sure she's feeling supported?"

15. Invoking the Right to Informed Consent

- **Script:** "We need to ensure that she is fully informed before consenting to any procedure. It's crucial that she

feels involved and understands what's happening at every step."

These scripts can help you effectively communicate your partner's needs to the midwife and advocate for the care and respect she deserves during childbirth.