THE MUSLIM MOTHERHOOD

BIRTH PARTNERS GUIDE

You want to be there for her — really there. You have a real job in that room: to be her calm, her advocate, and her ally. One thing throughout — the decisions are hers. You're there to make sure her voice is heard, not to decide for her.

KNOW HER RIGHTS

Nothing can be done without her consent. She can refuse anything, request a female practitioner or more time, and change her mind. **Policies are not law.**

BE HER VOICE IF SHE'S ASKED YOU TO

Agree it beforehand. If she can't speak in the moment, carry out what she's told you — ask the questions, repeat her wishes, make sure she's heard. **Calm, clear, persistent.**

FOLLOW HER LEAD

Take your cue from her and her birth plan. Things may change — that's her call to make, not yours to question. Support what she wants, not what you assume.

SUPPORT HER SPIRITUALLY

Make du'a with her if she wants it. Play the recitation of the Qur'an — Surah Maryam — if it brings her calm. Stay steady; she'll feel your calm, or your panic.

HELP HER DECIDE — BRAIN

Benefits · Risks · Alternatives · Intuition (her gut?) · Nothing (what if we wait?)

BE READY

Bring snacks, water, chargers, her bag, parking cash & her birth plan. Eat and stay hydrated — look after yourself too.

THE SENTENCE THAT CHANGES EVERYTHING

"Can you give her a moment, and explain the options before anything happens?"