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[MUSIC]

So during pregnancy it's very important that women have support. Some partners may or may not be as supportive as others and it's okay to have a wide range of support during your pregnancy. It may be extended family. It may be friends, you know, coworkers. It's okay to get support from a lot of different resources.

It's important to keep an open dialogue with your partner about little things throughout the day that they can do to help you out. Maybe making dinner, giving you a back massage or something simple like that.

Initially it was hard because I was struggling a little bit emotionally, hormonally and trying to get used to this and I think I had to realize this is also a big change for my husband and it was hard from the beginning but I think he realized that, you know, I just really need to be there for her.

Yeah, this is definitely the point for your partner where they want to start reading about labor and how to be a good support person in the process.

We encourage the partner to be supportive. I encourage them to come to all the prenatal visits as much as they can so that they get involved and invested in the pregnancy and I can help reassure them about any concerns they may have.

I think that pregnancy has brought us closer as we start envisioning, you know, decision-making around children and our values and I don't know just

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reading books together and deciding what our life is gonna look like with the baby has been a cool bonding experience for Megan and me.

[End of recording]