

PARTNER SUPPORT

Supporting your partner through pregnancy

BirthX Team · August 20, 2026

You can't carry the baby, but you can carry a lot of the load. Practical ways to show up from the first appointment to the delivery room.

Key takeaways

- Go to prenatal appointments and ask your own questions.
- Take tasks off your partner's plate without waiting to be asked.
- Learn the urgent warning signs together, and speak up if something seems wrong.
- Prepare together: take a class, understand the birth plan, and pack the bag and install the car seat early.
- Check in on mood. Anxiety and depression can affect both partners.
- Look after yourself, too, so you can show up fully.

Read the full article

<https://birthx.org/blog/supporting-your-partner-through-pregnancy/>