

# How to support your expectant partner

In response to the COVID-19 pandemic we appreciate there are changes happening to the birth experience in hospital. This will mean that birthing partners are not able to stay with the mother for as long, or as often, as they normally are. We appreciate that this is very stressful for all involved, including the birthing partner who may feel excluded from much of the process. Here are some hints and tips on how to best support your partner at this time:

## 1) Look after YOU

It is really important that as an expectant partner that you also look after yourself. Whilst you may wish to focus all your attention on the mother, it is vital that you practice self care. Ensure you eat properly – healthy meals and snacks throughout the day. Make sure you get some sleep – you will be no use to anyone if you're exhausted. Try to take time to relax – keep in touch with friends and family, and don't feel guilty for making sure you look after yourself at this difficult and stressful time. [Read our hints & tips on how to cope with stress and anxiety.](#)

## 2) Join the ECHO community

Talking to people who have been through a similar experience can be a great way of finding answers to questions you may have. It can also be a wonderful way to feel reassured, hear advice and simply let off steam. We have a private facebook group with parents who are able to help guide you through this journey, as well as many other resources and avenues of support. Our website provides information about the ways ECHO can help you and your family.

[Joining ECHO is free and it doesn't take long to complete our online form.](#)

## 3) Watch our documentary designed to support fathers and male carers

Watch our [award winning short film](#) specifically created for fathers and male carers – discover that you are not alone and hear some warm, helpful advice from heart dads.

## 4) Be the nominated communicator

We know all of your friends and family will be eager for information. Coordinate messages between your partner and the rest of your family and friends – this means your partner doesn't have to, and you can all stay connected at this time.

## 5) Facilities near to Evelina London

Read our [helpful guide](#) on available hotels, supermarkets, local retailers and food delivery services near to Evelina London Children's Hospital.

