

Dr. Nate's Checklist to Prepare for a Home Birth

1: First and foremost, have an open mind.

2: Talk to several midwives and ASK questions. Here's just a few I came up with:

- My wife wants to have our baby outside of the hospital, is it safe?
- What's the difference between hospital birth and birthing center? How will I (as the Dad) know how to help or what to do?
- What do I do with my hands...? (Ricky Bobby reference)
- The thought of birth in general freaks me out. Now she wants to have a home birth or in a birthing center. Can you tell me how that works?
- My wife has talked about wanting a doula at the birth, but I (as the dad) don't understand why a doula would be needed. First, what is a doula? Isn't the midwife and her assistant enough?
- What are the chances of something bad happening? If it does, then what?
- What happens after the birth?

3: Hire a Doula.

- I cannot tell you how crucial the Doula was for me for the birth of our first child. The misconception is that she's only for the mom. No sir. She's for the dad too. You know that question, 'What do I do with my hands...?'. It turns into: 'What do I do now, and now, and now?' She answered that question time and time again. Worth every penny.

4: Enroll in a birth class

- Don't be the dad that is not involved. It doesn't make you more of a man to not know anything about what is happening. So be a man, be fully engaged in your partner's birth, enjoy the process, learn everything you can about it. Your spouse and baby deserve your full attention and support.