



Lifted up

How your partner can support your journey

Welcoming a helping hand

We want you to have a positive experience throughout your pregnancy and beyond. This means getting the support you need, even if you don't know exactly what you need at every moment. If you have a partner, it's OK to lean on them and give yourself a break sometimes. Remember, this is a transition period for both of you. So here are some things to think about as you navigate through this time together.

If you're single, identify a supportive friend or family member who can step in to help when needed. When you feel loved and supported by those around you, your pregnancy, delivery and post-delivery transition period can all be positive experiences.

It's important to communicate to your partner the ways they can support and understand your needs as your pregnancy evolves. Here are some ideas to get the conversation started.

During pregnancy

- Attend prenatal classes and read books with you
- Cook meals a few times a week
- Select and assemble necessities like the crib and car seat
- Take older children on outings to let you get rest
- Handle unsafe chores like changing the cat litter box or lifting heavy items
- Remind you to stay hydrated and even keep your water bottle filled

- Work with you on the mundane but important tasks, like making updates to medical information and life insurance policies

During delivery

- Communicate with your doctor, midwife or doula about when to come to the hospital or birthing center
- Offer positive encouragement
- Walk around with you as much as you're able
- Help you into the shower or birth pool
- Help move you into birth positions
- Bring you water, ice and snacks
- Provide updates to your family, if you want

When baby comes home

- Take baby out for a stroll so you can have quiet time
- Take a nighttime feeding shift if baby takes bottles, so you can catch up on sleep
- Spend time with older children so you can get one-on-one time with baby
- Be proactive with household chores and shopping
- Focus on cleaning the main areas where you spend time with baby
- Be the gatekeeper to make sure visitors don't overstay or show up unexpectedly

We're here for you



Count on us whenever you need us. We'll be there every step of the way with education, resources and more.

Keep visiting the Maternity Support Center. Or just call us at the number on your member ID card.

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