

YOUR PRESENCE MATTERS

A Quick Guide for Fathers & Partners

PREGNANCY • BIRTH • POSTPARTUM



You don't have to know everything to make a difference.

Being present means more than being in the room. It means paying attention, listening, staying grounded, communicating, and continuing to show up when your family needs you.

1 BEFORE BIRTH — GET READY TO SHOW UP

- Check in: "How are you feeling today?"
 - Attend appointments when possible and when your partner wants you there.
 - Learn what matters to her during pregnancy and birth.
 - Know where you're going when labor begins.
 - Plan transportation, childcare, work needs, and support after birth.
- ★ **Preparation brings stability when things start moving quickly.**

2 BE PRESENT

- Stay close. Pay attention. Listen.
- Ask what she needs instead of assuming.
- Offer encouragement and reassurance.
- Help keep the environment calm.
- Put distractions aside. Follow her lead.

YOU CAN SAY: "I'm right here with you." "What do you need from me right now?"

3 STAY GROUNDED

Your calm can help bring calm into the room.

GROUND

1 Put both feet on the floor.

BREATHE

2 Take one slow breath in. Let it out slowly.

FOCUS

3 Look at your partner. Listen to what she and the care team are saying.

RETURN

4 Ask: "What does she need from me right now?"

GROUND → BREATHE → FOCUS → RETURN

4 SUPPORT HER VOICE

Strong advocacy starts with listening.

Listen when she shares a concern, preference, question, or change in how she feels. Help communicate when she wants your support.

YOU CAN ASK:

- Can you help us understand what's happening?
- What should we expect next?
- She has a question or concern she'd like to share.

Supporting her voice doesn't mean speaking over her. Help create space for her to be heard.

5 IF SOMETHING DOESN'T FEEL RIGHT — SPEAK UP

TAKE IT SERIOUSLY.

If your partner tells you something feels wrong, you notice an important change, or either of you is concerned:

NOTICE → LISTEN → COMMUNICATE → GET HELP

During labor or medical care, tell the nurse or care team about concerns right away.

AFTER BIRTH — KEEP SHOWING UP

Birth isn't the end of your support.

Recovery and early parenthood are beginning.

CHECK IN | PROTECT REST | PARTICIPATE IN CARE | STAY ATTENTIVE | SHARE THE LOAD | KEEP COMMUNICATING

REMEMBER You don't have to be perfect. You don't have to have every answer. You do need to stay present.

PRESENCE IS THE INTERVENTION™

Rooted in Strength™ | LaSaaun Lives Foundation

GENERAL EDUCATIONAL & SUPPORT INFORMATION

This resource does not replace medical advice, diagnosis, treatment, or guidance from a qualified healthcare professional.

More resources and support available through the Rooted in Strength™ Resource Hub.

SUPPORT FOR YOU & YOUR FAMILY

Know When to Speak Up. Know Where to Turn.



WHEN SOMETHING DOESN'T FEEL RIGHT

If your partner says she doesn't feel right, take it seriously.

If you notice a significant change in how she looks, feels, acts, communicates, or responds, share the concern with the appropriate healthcare professional.

NOTICE → LISTEN → COMMUNICATE → GET HELP

MEDICAL EMERGENCY: CALL 911

MENTAL OR EMOTIONAL CRISIS: CALL OR TEXT 988

FATHERS NEED SUPPORT TOO

Supporting your family does not mean carrying everything by yourself.

Pregnancy, birth, financial pressure, lack of sleep, relationship changes, work demands, and the responsibilities of parenthood can be a lot.

If you feel overwhelmed, stressed, emotionally stuck, or simply need guidance: REACH OUT. Getting support is part of taking care of your family.

SUPPORT PATHWAYS

Scan the resource hub and choose what your family needs:

Fatherhood & Parenting

Pregnancy, Birth & Postpartum

Mental & Emotional Wellness

Family Needs

Pregnancy & Infant Loss

Maternal Warning Signs

SCAN FOR SUPPORT



S.H.I.E.L.D.

CORE INTERVENTION MODEL WITHIN ROOTED IN STRENGTH™

COMMUNITY **Stabilizing Homes through Intervention & Engagement for Labor Disparity Reduction**

CLINICAL / SYSTEM TRANSLATION

Stability • Health Awareness • Intentional Communication • Emotional Regulation • Leadership in the Family • Devotion to the Child

You don't have to do everything. Do the next right thing for your family — and keep showing up.

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