

Delivery Room One-Sheet

Print this page. Talk through preferences together, then follow your partner's lead. You can be useful without having every answer.

Care-team contact

Our updates / visitor contact

Ask. Listen. Act.

"Would you like touch, space, or quiet?"

Check before touching or changing the room. Follow the answer.

"What would help most right now?"

Offer one practical thing. Preferences can change; make room for that.

"Would you like me to ask the team?"

Help relay questions and preferences. Care decisions stay with your partner and the care team.

Small jobs you can own

- ☐ Keep agreed contacts updated; protect the privacy you discussed.
- ☐ Ask before taking photos or sharing any news.
- ☐ Keep useful items within reach; ask staff before moving equipment.
- ☐ Write down the next agreed step and who to ask about it.

A preference to remember

Next step / question for the team

A simple phrase is enough: "I'm here. What would feel helpful?"