

Preparing For The First Child: Tips For Dads-To-Be During Pregnancy

During Pregnancy



Join antenatal classes and read books to know the pregnancy basics and the labor process



Encourage her to indulge in safe exercises and meditation



Accompany her during doctor appointments and scans



Speak to her about any concerns, make her feel happy and special



Be aware of the pregnancy issues and conditions



Speak to her doctor about the birth plan and medical facilities



Help her cope with pain and discomfort



Be prepared mentally, physically, and financially



Facilitate the right amount of nutrition and rest for her

During Labor And Delivery

- Preserve critical medical documents and keep emergency contacts handy
- Have support to help you both when in hospital and later
- Arrange for help for the household chores and child care, if needed
- Support her and cheer her through the labor and delivery process
- Make a list of people to inform about the baby's birth
- Do not forget to capture the first moments of the baby's birth

References:

1. Soon-to-be dads: How to help – and what not to say – during pregnancy; The University of Texas Southwestern Medical Center
2. Supporting your partner during her pregnancy; Pregnancy, Birth and Baby; Australian Government