

Dads – 6 Great Tips on Surviving the Pregnancy

Well done! You're going to be a dad. That was the easy part. Being a dad starts before bub arrives. Here are some tips on the lead up to the big day and how you can do your part to make your wife/partner's life a little easier.

1: Support – as if you wouldn't!?!?? Pregnant women go through a huge range of hormonal changes which ain't easy. Be a sport and support her through the peaks and troughs. It's unlikely you'll understand what's going on all the time, but try and at least pretend you do if you're at a blank.

2: Baby brain. Careful when and where you use this term. Forgetfulness and illogical actions are typical e.g. finding the mail in the fridge. Smile and don't make a big deal out of relinquishing golf to go baby shopping at IKEA on a Saturday morning! You might actually like it – there are some great bargains and Swedish meatballs on offer.

3: Be engaged and proactive. Clearly you need to be interested or at least act as if you are. Follow the development of her and the bub through all the milestones. She'll have at least 35 books on pregnancy, there's bound to be some easy pictures you can relate to within one of them. Remember it's your baby too!

4: Talk. Women love it when we talk. Share your feelings and understand hers. I know shoving needles in your eyes often seems a more attractive option, but remember it's not you that's got the baby growing inside you!

5: Sex. Providing the pregnancy is progressing normally – check with your doctor – there is no apparent reason why you both can't enjoy getting your leg over all the way through. Towards the end you may find it is recommended to assist with a healthy delivery – which is quite the bonus. Getting your leg over gets more interesting as the bump gets bigger. Go for more creative positions. Enjoy!

6: Be prepared for the birth. Roll the rugs up, be involved with the hospital bag and keep the petrol topped up in the car. The baby is likely to come at an inconvenient time. She'll have a birth plan – know it and be supportive about sticking to it.

Dave Woolbank is the founder of Dadsclub.com.au the site that's getting dads (and some mums) actively involved with their kids. For more information or to contact Dave check out www.dadsclub.com.au

References:

Ian Bruce. 2005. *How to be a great dad*. Forward by Dr A Bradley. Foulsham. The Publishing House, Bennetts Close, Cippenham, Slough, UK.

