

Tips for Pregnant Dads.

- 1) **Give mum a massage.** Most pregnant mums would love a massage as it helps to relieve back soreness and tension in the hands and feet. It also gives the two of you some bonding and quiet time for talking.
- 2) **Help to keep the house clean.** This is one of the best things husbands can do for their wives. Most women find a clean environment more relaxing.
- 3) **Enjoy cooking for mums.** Pregnant mums are very sensitive to smell. For dads to help with the cooking would be a bonus! This will help mums to eat well without feeling sick.
- 4) **Be and show your interest in her and baby.** Pregnancy is a time most women experience varying emotions. Just knowing they are not going through this alone keeps their spirit high.
- 5) **Attend antenatal classes and hospital appointments.** Most men are embarrassed about going to antenatal classes because of traditional beliefs like pregnancy is a woman's thing. Daddy your spouse and baby need you. These classes will help you tremendously once your wife goes into labour. A good class will give you a chance to ask questions, know all there is to know, prepare you for anything along the way while equipping you to make good decisions for your family. Please go to appointments when you can, if you have trouble getting away be sure to make it to the big ones like the first scan. Your wife will truly appreciate the effort.
- 6) **Treat your wife.** Spend time together as a couple especially if it's your first baby. Take your wife out don't let the pregnancy take over your lives remember you were a couple before baby and when baby comes you still will be a couple. So spend time together as a couple and build the loving home environment your baby needs.
- 7) **Prepare for baby's arrival.** Mum is not the only one expecting a baby so dads make your own preparations for your gift from God. Reading books or talking to other dads might be a good starting point.
- 8) **Encourage mum to rest.** Most mums never think they are tired. Pregnancy can be pretty tiring and exhausting. Insist on your wife taking rest, as this would do her and baby a world of good.
- 9) **Appoint yourself as acting home manager.** In doing this you will help to ensure small things don't fall by the wayside and keep things running smoothly at home thus making the household happier.
- 10) **Feel and talk to the baby.** This is not being sappy. It's great way for you to share some of the pregnancy experiences like feeling your baby's kick. By talking to your baby you're introducing daddy.
- 11) **Pray and Prophecy over the baby.** Don't wait till your child is born before you start nurturing them spiritually. Start now while they are in the womb to speak and declare God's words over your child.