



*I'm coming dad!*

## I'm Coming Dad! - Ideas Sheet

It can be really rewarding to live the experience of pregnancy as much as possible with your partner. Read books together about what the baby is doing, and what is happening to your partners body, go to birthing classes and appointments together (if thats what you both choose), etc. You will be suprised, and learn a lot. It can also give you a deeper understanding of what your partner is going through, how you can support her, and enjoy the miracle the two of you have created together.

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It is a nice idea to make yourself aware of what your partner can and can't eat and drink during pregnancy. You may even decide to give up (or limit) alcohol, etc. with her. She will probably really appreciate this gesture.

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It is nice to touch and talk to your unborn baby. Sing the baby your favourite song, talk to them, etc. It will defintely recognise your voice after it's born. Hopefully your partner will appreciate the touch and intimacy it creates between yourself, your partner, and your baby too.

***These are examples from this ideas sheet***

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