

Obstetrics
Gynaecology
Fertility



Dr David Moore

BSc MBBS FRANZCOG MRM

Obstetrics & gynaecology

drdavidmoore.com.au

Home

About

Obstetrics

Gynaecology

Fertility

Patients

For Doctors

[Dr David Moore](#) » [Obstetrics](#) » [** So, you're going to be a Dad? **](#)



[** So, you're going to be a Dad? **](#)

Share

By [Dr David Moore](#), 14 March 2014

Welcome to the club! As a father of two wonderful boys, I can tell you that becoming a parent will be the most fulfilling a little useless during the pregnancy, birth, and the first few months of your new baby's life - let's face it, we don't know what to do but that doesn't have to mean there's nothing you can do to feel more involved and have a fulfilling experience during



Guys, this is not to say you can't carry the contraction and undergo the pain for her.

BUT there are things you can do:

Support changes

Help her cut out alcohol, and regular exercise.

Be active during labour

Go to prenatals, understand the changes in your body, often, or with a midwife and marshr



Try to atte
obstetriciar
your partne
voice her c

Be motiva

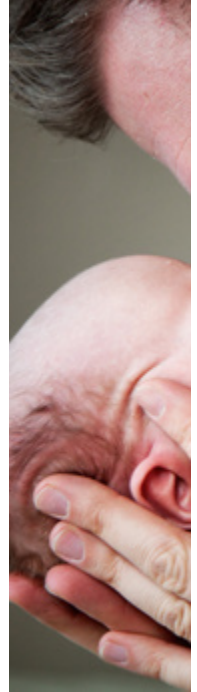
schedule shopping trips to look at cots, prams etc. Oh, and the car seat installation? That's your job!

Learn about feeding babies

If your partner is breastfeeding, she will need to drink lots of water - making milk requires women to stay well-hydrated. Get up with her overnight when shes feeding and get her a drink or two.

If she chooses tobottle-feed, alternate feeds overnight so that you both can get some rest. Plus, it's a great time for you to bond with baby!

Keep her company while she feeds, and help change baby's nappy and put them back to bed - it all makes that incredibly tiring job just that little bit easier!



Spoil her rotten!

This one goes without saying!

Let's face it, she's growing your baby and that's not one we can ever repay. So, show her how special she is and pamper her as much as you can.

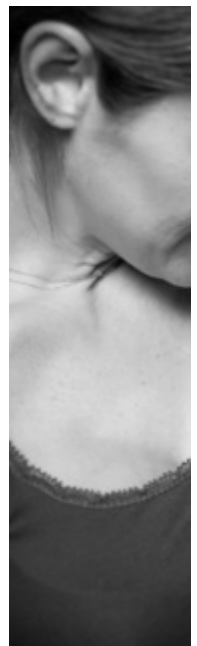
Runa bath after a long day;become skilled in bac often as you can before baby comes along!

Communicate

There's no doubt about it: a baby is a game-changer!

You've never been a parent before, and nobody has ever raised *you* baby before; despite all the advice, nobody *really* knows what *you* are about to go through. Everything changes; there's a new person in your life, and they are the most special thing you could imagine. Things are, by definition, no longer how they used to be. And, while your heart is filled with love and excitement for your new lives together, some aspects cans be challenging: maybe baby isn't sleeping well, or seems to beunsettled often; maybe it's taking a while to get the hang of feeding; maybe it seems nobody is sleeping well, are everyone is getting a bit grumpy...

It's important to realise that these changes are normal. Even expected. Taking on the role of parents for the first time is stressful - but it is most important to keep the lines of communication between you and your partner open. Talk about how things are going, and what things you are both finding difficult.



Friends, family, and health professionals can be useful supports, but learnin other and acknowledge your concerns with each other will help you to build a successful family unit that will give stability

Sometimes, however, both new mums or dads may become overwhelmed and feel unable to cope, and professional l communication between you and your partner will ensure that significant problems are identified, and [expert help](#) sought

Doing things such as these will really help your lovely lady make it through a challenging time and will show l and you will find you can have a fulfilling and satisfying role, despite your anatomical deficiencies!

More information

Some other suggested books and resources:

1. *The Expectant Father: Facts, tips and advice for Dads-to-be.* Brott & Ash, 2013([amazon](#))
2. *Don't Just Stand There: How to be helpful, clued-in, supportive, engaged, meaningful, and relevant in the delivery ro*
3. [mr.dad](#) - antenatal education classes for expectant fathers at the pub
4. [BeyondBlue](#)

The content and information contained on this website is intended to be of a general nature only and is not intended to, nor does it constitute, medical advice. It does not tak /patient relationship is implied or formed. The accuracy, completeness, adequacy, or currency of the content is not warranted or guaranteed. Use of information on this website, contents of the site, such as text, graphics, images and other materials are for informational purposes only. The content is not intended to be a substitute for professional medi advice of their qualified health providers with any questions regarding a medical condition. Users should never disregard professional medical advice or delay in seeking it beca only be made after direct individual consultation. The website does not recommend or endorse any specific tests, products, procedures, or other information that might be mentio.

About Dr David Moore



David is a Fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, a Queensland. He is highly skilled in the management of complex and high-risk pregnancies, and has special endometriosis, pelvic floor and incontinence surgery. David has completed a Master of Reproductive Medi management of fertility problems, and can offer the full range of assisted reproductive treatments. He is a Queensland Medical School, and has published both medical journal and textbook contributions.

[« Screening tests in pregnancy](#)

[Back to Obstetrics](#)



