

Obstetrics  
Gynaecology  
Fertility



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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



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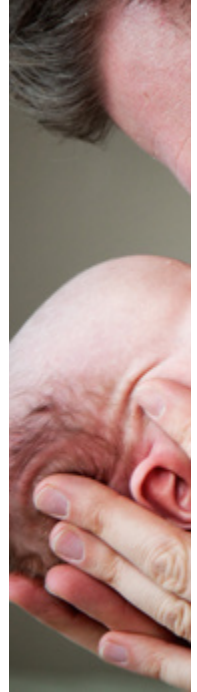
schedule shopping trips to look at cots, prams etc. Oh, and the car seat installation? That's your job!

### 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.

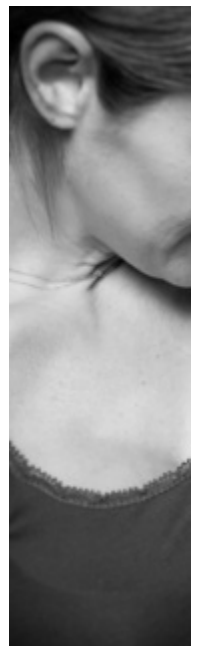
Run a bath after a long day; become skilled in back often as you can before baby comes along!

### 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 *your* 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 can be challenging: maybe baby isn't sleeping well, or seems to be unsettled 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 learning from each other and acknowledging 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 help. Open 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 her that 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 room.*
3. [mr.dad](#) - antenatal education classes for expectant fathers at the pub
4. [BeyondBlue](#)

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## About Dr David Moore



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

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