
Delivery Part 2

Week 35 of 40

Activity



Advice


Some Tips for Daddy:

Know what the birth plan is so you can be supportive but realize it can easily change. Be willing and ready to change at any time!

Encourage her, please don't try to sympathize!

Encouragement is much more helpful!

Don't give *all* your attention to the baby after it is born! Make sure mom is doing good too!



Take a tour of where you are going to have the baby! Check out what it is like there so you know what to expect! Walking through the process might help you think of something you want to bring for when it is time!

Discussion Points

- *What are some things mom would like dad to say during labor?*
- *Sometimes you can be in the hospital for a while, is there something you can bring to do while you are waiting?*
- *What would be the most helpful thing dad can do for you during labor?*

Goal

Be as open with each other as you can about preparing for labor. Share your worries and hopes. It can be a scary thing sometimes - but I find having someone there to hold your hand and support you makes it much better!