

37

things

every

man

should

know

before

he becomes a

dad

4 things never to say to a pregnant woman



- 1 "Actually, not all men *do* prefer bigger breasts"
- 2 "Why are you crying?
It's only a Daz advert"
- 3 "Are your ankles supposed to look like that?"
- 4 "£350 for a pushchair?"



5 'The most beautiful thing in the world is when you see a woman pregnant'

Arsenal star Thierry Henry and his wife Nicole are expecting their first child this summer

6 Buy a baby seat for your car...



- ◆ Don't leave it to the last minute
 - ◆ Put it in the back if you have front passenger seat air bags
 - ◆ Follow the instructions very closely
 - ◆ Practise fitting it in – it should feel secure and firm
 - ◆ Many local councils and some retailers have car seat checking services
- You can get more advice at www.childcarseats.org.uk*

7 Morning sickness doesn't just happen in the morning

It can last all day, and all night, for a couple of months, or eight and a half

NHS



37 things... and You're Pregnant! are produced by the NHS in association with Dr Foster Ltd

8 'Oh my god, I'm going to be a dad!'

Just remember,

- ◆ Nobody is ever 'ready' to be a dad, even if they really want a baby
 - ◆ No bloke is 100% confident about the process that's just started
- So relax, you're in the same boat as every dad in history*



9 Having sex won't hurt the baby

It's not going to come out with a bruise on its head. Your sex life will change though, and who knows which way it'll go. Some men and women find pregnancy a real turn-on. Some go off sex completely. Just hope you both feel the same way about it

10 Pregnant women eat weird stuff

You hunt the shops for the one thing she wants, chicken pie with shortcrust pastry and NO mushrooms, come home, and she's had toast and gone to bed



5 things to do before the baby's born

- 11 Go out for dinner together
- 12 Take her away, for a night, or a week
- 13 Go to the movies
- 14 Have a non-baby conversation
- 15 Anything at all, just do it with her



16 Make it to the tests

Pregnant women may have lots of tests and scans. They can be pretty nerve-wracking, so be there with her if you can



17 Don't believe the due date

Only five per cent of women have their baby on the day it's supposed to arrive. In the last month it could happen at any time, so...

- ◆ don't go to any away games
- ◆ make sure your mobile's working
- ◆ if you're driving her to hospital, stay off the beers



18 Pregnant women are a bit vague

...it's their hormones. And have we mentioned the mood swings? So, if she's forgotten to pay the gas bill and is reduced to tears watching *Neighbours*, don't worry, it's normal. Pay the bill, hold her hand and pass the tissues



3

hard-to-spell words you should know

19 Epidural When a very powerful anaesthetic is injected into the mother's spine, so she should have a painless birth. It leaves the bottom half of her body numb for a while

20 Episiotomy This is when a cut is made in the wall of the vagina, to make it easier for the baby's head to come out. After the birth, it's stitched up. Aren't you glad to be a man?

21 Caesarean When the baby is taken out of the womb in a surgical operation. It's very quick, but it means mother has a lot more recovering to do afterwards

REAL DAD'S STORY

22 'We had our baby in the car park!'

"Around midnight we realised the baby was coming. We set off to hospital in the car, but couldn't find a parking space. I stopped outside the main entrance, then Kathy screamed 'It's coming now!' and the baby's head popped out. I was wrapping our baby in a towel when the midwives appeared with a wheelchair. I was utterly freaked out, but we're all fine. Even the car"

Daniel, 31, London

23 'I'm the Daddy'

'Everything in your life changes when you have a child. It livens you up a bit. Everything you do is for them. That goes for every parent, I'd like to think'

Ray Winstone, actor



24 You don't have to be at the birth

Some loving partners feel very anxious about being there for the birth. If it's worrying you talk to your partner about it. Don't wait until you're in the delivery room



5 great things about breastfeeding



Feeling squeamish about the whole breastfeeding thing? You needn't – we're talking top-notch baby nosh here. Here's what puts breast milk ahead of the competition:

- 25 It helps protect them against illness – breastfed babies have fewer tummy upsets, chest, ear and urine infections, and less eczema and wheezing**
- 26 It helps your baby's brain develop**
- 27 It's free, and needs no equipment**
- 28 It helps mum get her figure back**
- 29 It creates zero washing up**

REAL DAD'S TIP

31 Never, ever, get a hangover

"Trust me, when you've tried to look after a sick-covered howling baby, with a blinding hangover, there's no evening out that's worth it. *Ever*"

Steve, 25, Birmingham



30 Newborn baby poo doesn't smell

Well, it doesn't smell *too* bad. Just wait until they start eating tuna fish



32 How to hold a baby

- ◆ Slide one hand under the baby's head, neck and shoulders, the other under her bottom and lower back
- ◆ Once you feel secure, lift her up against your tummy
- ◆ Slide the hand at her head down so her head is in the crook of your arm and your lower arm is supporting her back, bottom and legs
- ◆ Use your other arm for extra support if you want to
- ◆ Do this over a soft surface until you feel confident

Actor Will Mellor knows how to be a hands-on dad

REAL DAD'S TIP

33 Ask for frozen meals

"When our baby was born, all my friends and relatives asked if they could help, knowing there wasn't much they could do. So we called their bluff by asking them to bring over home-made frozen meals. We had loads of great, healthy, free food for the first three weeks, which was one less thing to worry about"

David, 29, Manchester

34 'I love being a dad...'

'You can get more tired than you could possibly imagine, but when a little person looks at you and tells you they love you, nothing compares to it'

Neil Fox, Capital Radio DJ



35 Baby carriers are brilliant



Have baby will travel: Guy Ritchie and Rocco

With a newborn baby strapped on to your front, you can do anything – go round the shops, visit friends – and the chances are they'll sleep through it all. Babies like it because they feel your warmth and hear your voice and the rocking motion when you move is soothing. Anyone feeling sleepy?

36 Trust your instincts

If you're worried about your baby's health, get advice. Call NHS Direct on **0845 46 47**, see your GP, or if it's serious, call **999**. When babies are ill they can go downhill quickly, so don't hang about

37 Where to get help

CRY-SIS Helpline:

For parents whose babies cry a lot and have sleeping problems

0845 122 8669 www.cry-sis.org.uk

Fathers Direct

Offers information on fatherhood

0845 634 1328 www.fathersdirect.com

Home-Start

Offers support and practical help to families with children under five

0800 068 6368 www.home-start.org.uk

PHOTOS: ALAMY; REX; GETTY IMAGES; BIG PICTURES

(For more info see pages 34-35 of You're Pregnant!)

If you've got
the will, we've
got the way.

Local NHS Stop Smoking Services

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