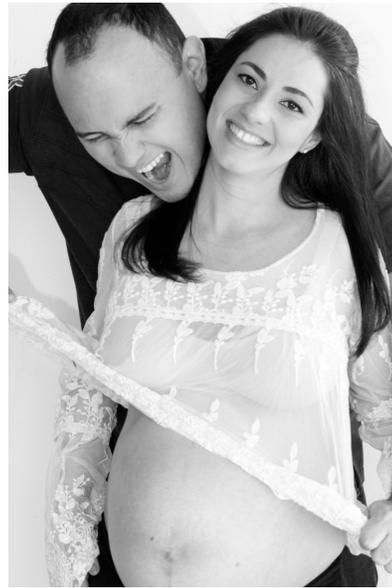


Congratulations of soon becoming a Dad! I know that you will be the best Dad possible. If you have tons of time, feel free to read lots of good books on pregnancy and go to the prenatal appointments with your wife.



For those Dads who are busy or just want a few tips, here you go...

- A. You don't have to know it all. Just be a support for her and a listening ear.
- B. Learn to stand for mom starting in pregnancy by using B.R.A.N.D (Benefits /Risks /Alternatives/ Now+Not Now+Never/ Decision). This is a valuable skill you will use throughout your life. Watch the Dad Tip video to refresh what that means.
- C. Help her relax in labor using whatever way works best for your relationship. If she can relax, she will have a faster, easier, and more satisfying birth.
- D. Stay close to her while she labors. Hold her hand. Tell her she is strong and beautiful. Your closeness will support her and create a hormone called oxytocin that is needed to have baby be born.
- E. During the postpartum time, become the water boy. Give her a tall glass of water and healthy snack every time she nurses baby. Watch her for postpartum depression and get her help as needed. Sleep when baby sleeps and feed yourself.



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