

Expectant Father's Things to Do

Things to Do Before Baby is Born

	Make sure the vehicle is in good repair and has gas in it
	Check out the route to the hospital
	Know where the day and night hospital entrances are
	Read both the infant car seat instructions and the instructions for your vehicle
	Practice installing the infant car seat in your vehicle BEFORE the baby is born
	Take care of yourself – get lots of rest, eat well and consider reducing or eliminating alcohol and tobacco
	Decide how household tasks like shopping, cooking, laundry and cleaning will be managed after the baby arrives.

Things to Pack

	Watch with a second hand to time contractions
	Camera/video camera and extra batteries
	Toothbrush, toothpaste, deodorant
	Change of clothes, including bathing suit
	High-Energy Snacks, water and something to read
	Money for parking and vending machines
	Cell phone/prepaid phone card and phone numbers

Things to Do During Labour

	Follow her lead – her needs will change as labour progresses
	Offer massages, especially on her back, if that helps her.
	Take a break when you need to eat, use the bathroom, brush your teeth.
	Tell her you will be right back when you take a break!
	Don't eat or drink anything that has a strong odor. Moms in labor have very strong senses of smell!
	Help her to focus on breathing during her contractions.
	Don't take her comments personally!
	Between contractions, offer her water or juice, and help her to move and stretch.
	Ask for help! Talk to your nurse if you are worried or need more ways to help her.

Things to Do After Baby is Born

	Hold, cuddle and talk to your newborn right away.
	Get involved in baby's daily care.
	Limit visitors at home. You'll all need your rest!
	Protect your family by reminding visitors not to smoke around you and your new baby.