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DAD EDITION

Just as important as empowering a woman on her birth and parenting journey, so is the importance of preparing and supporting the Dad Journey. This newsletter is dedicated to all the dads I have worked with and all the men currently on the path of becoming a Father.



"An empowered dad becomes a Loving Dad and a great support to Mom." - Caridad Saenz



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DURING PREGNANCY



Equal Responsibility

There are many ways in which you can prepare yourself for **fatherhood**. From the time your wife announces her pregnancy, it is crucial that you are always available and you show a real interest during her pregnancy journey. Here are some tips:



- be available for medical check-ups
- take an interest in her nutrition
- join prenatal classes
- participate in the birth planning
- enjoy the baby preparations and shopping
- keep an open line of communication (discuss anxieties, fears, concerns)
- book a holiday (in the first or second trimester is best)
- hire a doula (a doula can be a great emotional support and birth coach for both you and your wife)
- be understanding that your wife will need extra support and understanding
- help or take over the household chores (this is good preparation for the newborn stage as well)
- Read up on pregnancy, childbirth, and the newborn stage

Love
Support
Encouragement

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BIRTH



One of the best ways to support your laboring partner is to know what to expect during labor.

When you know what to expect, you both will feel a lot more empowered and knowledgeable about what's going on.

- prepare for your baby's birth by going to a childbirth class with your partner. Talk to your partner about which class is best for both of you. Each type of class focuses on different topics and comfort techniques during labor. By taking a class or series of classes, you will learn what is normal and not normal. You will also be able to help her every step of the way.
- Learn about birth physiology from a childbirth educator, books, videos. This way, you can make informed decisions as a team.
- What are ways to support your partner ? By learning about all the different stages of labor, you will be prepared to best support her through them. Use the guidance of a birth doula or midwife to assist you during this time.
- Purchase any tools you may need for the actual labor.

Be an active participant.

Being an active participant is a good rule throughout the entire pregnancy, but more so during the birth.

- hold her hand
- help her focus on slowing down her breathing
- massage her
- do counter pressure on her hips and or sacrum
- get the room the right temperature for her
- dim the lights to calm the atmosphere
- help her change positions at least every hour
- remind her to use the restroom every hour so her bladder doesn't hold up baby's head
- walk with her through the halls
- get her ice chips
- get a wet, cold washcloth and wipe her forehead and brow to cool her down
- coach her through each contraction and have her relax all of her muscles

Prepare - Be Patient - Be Present

EmpoweredGentleBirth.com YOUR NEWBORN

SKIN to SKIN

Did you know that dads can also provide the necessary skin to skin to their newborns? If mom is unavailable or not feeling up to it, the dad can offer this much needed body warmth for his new child. I recommend every dad offer some during the first few months.

Skin to skin contact with dad and the baby helps dad to create a positive association with the baby. It also helps them get to know baby a bit better, even understanding and being able to differentiate the baby's sounds and cries..



*Connection and Bonding
through Touch*

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FOURTH TRIMESTER

Embracing Fatherhood and your new role

Food - This is a time for mom to rest, bond with her baby, and learn to communicate with her baby. Dad should ensure that all meals are taken care of for a great recovery for mom and family:

- Set up a meal train with friends and family.
- Hire a caterer to drop meals off for the week
- Purchase a Slow Cooker, Instapot, Thermomix or any appliance that will make throwing ingredients together an easy and healthy way to make a dinner
- Make a Menu and a Plan.
- Take advantage of groceries delivery services.

Decompress - It is important for Dad to make the switch from work life to home life. Leave the stresses of work at work.

- Take a few minutes to clear your mind and switch roles from work life to Dad life before walking in the front door. A quick walk, a guided meditation or a shower when you arrive at home.

Check in and Communicate - You will want to check in with mom throughout the day with a quick text message and asking her if there is anything she needs from you. You will want to share expressions of love, appreciation and gratitude for what she does and for your new family.

Sleep - Ensure that both you and mom are EACH getting at least 5 to 6 hours of uninterrupted sleep each day. Take turns switching to make sure this happens. If you cannot afford to stay up so that mom can rest, hire a nanny, a postpartum doula, a nurse, a friend to come and help when you both need a bit of sleep catching up.

Appreciate, Love





MOTHER, BIRTH DOULA, COACH

This Newsletter was created for you with love by Caridad Saenz, mother of 6 and birth doula and Coach.

For more information, visit EmpoweredGentleBirth.com

