



# BECOMING A DAD



March of Dimes is committed to making sure that fathers are prepared to support their partners before, during and after pregnancy.



- 1. BEFORE PREGNANCY**
- 2. DURING PREGNANCY**
- 3. LABOR AND BIRTH**
- 4. BABY'S HOME**



Being a dad begins even before your baby is born. The things you do to keep you and your partner healthy before and during pregnancy can help your baby be born healthy and strong.



## **3. LABOR AND BIRTH**

**3.1: PACK YOUR BAGS**

**3.2: PUT THE CARE SEAT IN YOUR CAR**

**3.3: TELL THE HOSPITAL STAFF IF YOU FEEL SICK DURING LABOR AND BIRTH**

**3.4: SUPPORT YOUR PARTNER DURING LABOR AND BIRTH**

**3.5: ENJOY THE WONDERFUL MOMENT WHEN YOUR BABY COMES INTO THE WORLD**



You want to be all ready for your baby's birth. What an exciting time! Here's what you can do:



To view the video, click on the image or visit: <https://youtu.be/VR-6qO23aqE>





## 3.1: PACK YOUR BAGS

You need baby cloths and cloths for you and your partner in the hospital

## 3.2: PUT THE CAR SEAT IN

If you're driving your baby in a car, you need an infant car seat. Most hospitals won't let you leave with the baby in a car without a car seat.



## 3.3: TELL THE HOSPITAL STAFF IF YOU FEEL SICK DURING LABOR AND BIRTH

Labor can be scary. Many dads don't like the sight of blood or needles or seeing their partner in pain. Some get sick or faint. Tell the providers if you don't feel well.



To view the video, click on the image or  
visit: [https://youtu.be/AM3seF\\_y7T4](https://youtu.be/AM3seF_y7T4)





## 3.4: SUPPORT YOUR PARTNER DURING LABOR AND BIRTH

- Tell her she is doing a great job

Understand if she gets angry. Being in labor is hard and painful work.

Help her walk around if she wants.

Take deep breaths with her.

Feed her ice chips if her provider say it's ok.

Tell her provider what she needs. You know her best.



## 3.5: ENJOY THE WONDERFUL MOMENT WHEN YOUR BABY COMES INTO THE WORLD



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