

The 12 DadVerbs practised by exceptional fathers.

By Dad Coach Craig Wilkinson

DADverb #1 – See

Every person has a deep need to be seen and known.
Be the first man to truly see your child.

DADverb #2 – Identify

Your children need to know who they are.

DADverb #3 – Engage

The two most important words in a dad's lexicon are "Be There".

DADverb #4 – Affirm

Validate your children, let them know that they are deeply treasured and appreciated by you.

DADverb #5 – Love

Love is not a feeling it's an action.
Show your children you love them by what you say and do.

DADverb #6 – Bless

Let your children know that you approve of them, that they are wanted, that the world is a better place because they are in it.

DADverb #7 – Nurture

Be a place of comfort and safety for your children.

DADverb #8 – Provide

Do everything in your power to provide for your children's needs.

DADverb #9 – Protect

Protect your children from physical, emotional and spiritual harm, guard what they have access to and what influences them.

DADverb #10 – Teach

Equip your children with the knowledge, life skills and education they need to succeed in life.

DADverb #11 – Discipline

Your children need you to set clear, fair and consistent boundaries.

DADverb #12 – Model

It is what you do, not what you say that your children will take notice of.

Sign up today for the Ultimate Dad Online Course

Get 40% off with coupon **BABYTALK40**
www.expectantmothersguide.co.za

For every person who signs up, a free course will be **donated to a dad-in-need**. Plus the **first 100 dads** to sign up will receive a **FREE pack of Huggies S1 Nappies and Huggies Pure Wipes**.

YOUR PRICE
R390

Attend Childbirth Education classes together

Childbirth education is of high quality if it covers -

- Normal physiology, variations in labour and postpartum, and how interventions alter the process
- Provides information in options, different attitudes and services of care providers and hospitals
- Respects parents' decision-making role and the importance of becoming informed
- Includes realistic discussion of emotional aspects and challenges of birth and labour progress
- Prepares parents for care and feeding of a newborn baby
- Teaches about birth companions
- Teaches about natural birth and the importance of the microbiome to a newborn
- Teaches skin to skin, the nine instinctive stages of the newborn and the importance of long-term skin to skin

Make a difference as a Dad

Ensure you attend Childbirth Education classes. Find your childbirth educator today and learn more about classes so you can truly make informed decisions about your pregnancy, birth and parenting experiences.



www.expectantmothersguide.co.za



#ThanksDad

Becoming the Ultimate Dad



EXPECTANT
mothers guide
www.expectantmothersguide.co.za



BABY CITY
we know you care

DAD
COACH



Your hugs inspire ours

A – Z of Dad's involvement in pregnancy

"Becoming a father and a parent can be a transformational process for a man. When a man becomes a father, through loving his child, partner and family, he comes in contact with a deep paternal masculinity. When a child enters a man's life, a new depth of feeling and emotion are awakened within him" – Bruce Linton

- A = Active observer. You can't be pregnant but you can be an active observer
- B = Back massage – give one to your partner
- C = Childbirth education classes – attend together
- D = Dadchelor party
- E = Exercise together – it is healthy for both of you
- F = Find other dads in your community to get together with
- G = Go to antenatal check-ups together
- H = Have some fun – take an afternoon off together
- I = Involved dads. When dad is actively involved in the pregnancy, moms have better pregnancy experiences
- J = Journal. Start a journal and take turns to write letters or notes to and about your unborn baby
- K = Kicks – feel them, they are so special
- L = Lifestyle changes. Share lifestyle changes – both stop drinking alcohol and eat healthily
- M = Moms need to feel understood by their partner
- N = Name choosing together
- O = Offer her a shoulder massage or a foot rub
- P = Participate – be there for the first heartbeat and the first scan
- Q = Queries – help her work through all of them together
- R = Real. Be real and well grounded
- S = Sing lullabies preparing for your new baby
- T = Talk to your partner as well as listen
- U = UIF. Look into her UIF payments for her
- V = Very exciting time is pregnancy
- X = Xtra brownie points can be earned. Tell her she is beautiful and sexy
- Y = YOU are in this experience together
- Z = Zuper-hero status will blow her mind when you unexpectedly try to lighten the load

Pregnancy can seem as though it is all about mom, but it is so important for dads to be part of the experience on a daily basis



What Dad can do to help in the labour room and what you should avoid!

Labour can be long and challenging. Hollywood has made it out to be quick, loud and dramatic but few realize the long "slog" until you've been there. To be of help to your partner in the labour room you have to have a good idea of how birth works, what the various stages are and know how to support your partner through each stage. You can learn this at a good childbirth preparation course.

1. Know the support tools and practice them. Make sure you get the hang of all the support tools before the birth. You may have to tweak a few things during the labour, but you'll infuse great confidence in her if she sees you getting to grips with the different support tools during your pre-birth course.
2. Know the game plan. Being on the sidelines at a birth is a little like coaching a sports game. You are part of her team, so the game is yours too. If she wins, you win. Her ability to keep focused will partly depend on the game plan you have set up together and how you help her navigate the game of birth. Your encouragement and gentle cheering will help her persevere.
3. Keep whatsapp and sms' to minimum. Don't feel the pressure to continually send updates to everyone. It usually helps to keep the list of those who know the birth is in progress to a minimum.
4. Say enough but not too much. Chatting too much in the labour room can be distracting for a labouring woman who usually needs a few quiet words of encouragement but an otherwise calm environment so that her mind and body can remain focused.
5. Be hands on. Her body needs to feel the support of your touch. Her mind needs to know that you are confident in the birthing environment. Her heart needs to know that you are fully present in the moment and not distracted.
6. Avoid sitting on your phone or watching the sports channel. You need to be focused on her game.
7. Keep her upright and moving around – this facilitates the progression of the baby's head through the pelvis.
8. Support her body with pillows. If mom is very tired and needs to lie down, help her lie on her left side and place a pillow behind her back, between her knees, under her head and lastly one for her upper arm to rest on. This will help her body to relax as much as possible.
9. Spur her on for the big push. Remind her how well she is doing when she gets to the pushing stage.
10. You may like to cut the cord once your little one is born – the doctor or midwife will direct you here.
11. Remind the staff that mom and baby would like to do skin-to-skin after birth.
12. Tell her what a great job she did and tell yourself you did a fantastic job too!!

How to cope as a new Dad

Don't be anxious about handling your newborn baby, they are not fragile little beings, but are actually quite strong. Think what they have endured during labour. Hold them confidently, they will then feel safe and secure in your strong arms and will respond to you. Take time to connect with your baby – look at him, fix your eyes on each other. Smile, take your time, talk to him – and watch. Your baby will mimic and copy everything you are doing. If you smile, he will smile back at you!

Place your baby skin to skin on your chest. This is done at birth – ideally first with mom as he undergoes the nine instinctive stages culminating in breastfeeding, then Dad can have his turn, having him skin to skin as well. Long-term skin to skin is important. This is where baby wears only a Huggies, and is then wrapped to dad or mom's bare chest. Baby should be kept skin to skin with mom or dad 24 hours a day as much as possible for the first 3 to 4 months of life – the benefits are amazing. It improves baby's brain development, baby sleeps better and crying is reduced to a minimum.

Get involved from day 1. Don't view nappy changing time as just another unpleasant chore, but use this opportunity to connect and interact with your little one. Nappy changing time is when he is awake and alert and have fun with this time. Another great way for dads to be involved with their little one is to bath them. Bath time can be your time interacting with baby – a time when both of you are relaxed and attention is focused on each other. As little ones get a bit bigger, they love bath time. It can become your special bonding and play time – time where you are not distracted by anything, time you can give your attention in an unhurried and dedicated way to your baby. It will add to your baby's special memories of life. As baby gets bigger, play boisterously with them, even your daughters, they need to be rolled around and have fun with you, tickled and hugged by you.

*Support
Gentleness*

