

# Reminders And Essential Tips For

# Dads-To-Be



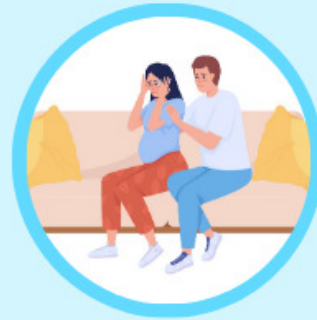
Your pregnant partner may often become forgetful due to the increased pregnancy hormones. You can ignore such instances or give a gentle reminder.

The first few months may be especially tiring for her, and she may often feel sick. Help her feel okay through reassurance and by providing prescribed medications.



Be prepared to tend to her cravings at odd hours, as it is something she cannot control.

Try not to react too much to her mood swings as it comes with the fluctuating pregnancy hormones.



Sometimes the smell of food could make her nauseous. So take over the kitchen and cook something delicious for her.

Pregnant women may become conscious of their changing bodies. Remind her that she is perfect and that you love her.



#### References:

1. The truth about pregnancy brain; RMC Health System
2. Soon-to-be dads: How to help – and what not to say – during pregnancy; UT Southwestern Medical Center
3. First trimester: Tips for dads to be; NCT