

Information for partners

Finding out you are going to become a parent can be an exciting but daunting time. The closer you are to your pregnant partner, the more you'll be able to share the experience of pregnancy and birth.

Early pregnancy

Whether the pregnancy was planned, or it is unexpected, it is normal to feel a range of emotions when you discover your partner is pregnant. Talk to your partner, friends and family about how you are feeling.

Your partner may be irritable about things that seem small to you; this is due to the effect of hormones on her mood, and her own fears and anxieties. Be patient and learn to support each other and encourage her to talk to those close to her, or her midwife/doctor.

Learn about the screening tests and scans offered in pregnancy. These tests can have implications for you, your partner and the pregnancy as it progresses. See page 16 of this booklet for more information.

During pregnancy

Attend antenatal classes with your partner (most classes are designed for both mum and partner) as these will help you feel prepared for the birth and caring for the new baby when he/she arrives.

