

Increase your share of the housework, if possible. If you smoke, now is a great time to stop due to the risks of passive smoking on your partner and your baby after birth. Unborn babies that are exposed to smoke are at a greater risk of complications during pregnancy, such as not growing well or even being still born. After birth, even if you smoke outside, there is an increased risk that your baby will be affected by Sudden Infant Death Syndrome. Ask your GP for help to stop smoking.

Support your partner as much as possible, but also find time for yourself to relax.

Take pictures with your partner and her growing pregnancy bump if she likes as these make great memories. Try bonding with your baby by talking or singing to him/her during pregnancy.

Before the birth

Before labour and birth it is important to discuss with your partner about your role as her birth partner and how you feel about being present at the birth. You can write a birth plan together and support her if it needs to change for any reason.

You can also:

- make sure you can always be contacted in the final weeks
- arrange how you'll go to hospital, if you are planning on having the baby there
- ensure the car always has petrol and ensure you have tested fitting the car seat. You can keep the car seat in the car
- do a trial run to test your route to the hospital, and ensure you have small change for parking meters
- help pack the hospital bag and make sure you pack the things you need (see page 55)
- think about preparing/freezing some meals for after the birth so you don't have to worry about cooking when first at home
- read about what to expect after the birth so you can be prepared as possible to care for your partner and baby.