TALKING WITH MALE PARTNERS

WHY IT’S IMPORTANT
Information on pregnancy and caring for new babies isn’t often written with men in mind, but many want to be involved and supportive of the new moms and babies in their lives. When you’re ready, sharing information with your partner can help them be more supportive during pregnancy, once the baby arrives and if you would like to have children in the future.

WHAT YOU CAN DO
• Talk openly with your partner. Share information you learn to keep yourself and new baby healthy, such as:
  • Eat well and take folic acid during your pregnancy.
  • Avoid smoking and using other tobacco products.
  • Always put your new baby to sleep on its back on a firm mattress and away from loose toys or bedding.
• Ask your partner if he would like to join you during any prenatal checkups and pediatrician visits after your baby is born.
• Discuss family planning options available to you to find out which will be best for you and your partner.
• Encourage your partner to seek additional information about caring for new babies.

GETTING HELP
• Contact your local health department for more information. Many of them have programs for new dads and partners that can be educational for supporting pregnant moms-to-be and caring for new babies.

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