

# Pregnancy Handbook for Dads-to-Be: What to Expect for the Next Nine Months



## First Time Dad: Pregnancy Handbook for Dads-To-Be (What to Expect for the Next 9 Months 1) by Steven Bell

★★★★☆ 4.5 out of 5

Language	: English
File size	: 527 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 102 pages
Lending	: Enabled



Becoming a dad is an exciting journey, but it can also be daunting. This pregnancy handbook for dads-to-be provides a month-by-month guide to what to expect during your partner's pregnancy.

### Month 1

During the first month of pregnancy, your partner may not even know she's pregnant. However, her body is already starting to change. She may experience fatigue, nausea, and breast tenderness. As a dad-to-be, you can support her by being understanding and supportive. You can also help her with practical tasks, such as cooking meals and running errands.

**What to expect:**

- Fatigue
- Nausea
- Breast tenderness

### **How to support your partner:**

- Be understanding and supportive
- Help her with practical tasks

### **Month 2**

During the second month of pregnancy, your partner's belly will start to show. She may also start to experience morning sickness. As a dad-to-be, you can help her by being patient and supportive. You can also help her find ways to relieve her morning sickness, such as eating small, frequent meals and getting plenty of rest.

### **What to expect:**

- Belly starts to show
- Morning sickness

### **How to support your partner:**

- Be patient and supportive
- Help her find ways to relieve her morning sickness

### **Month 3**

During the third month of pregnancy, your partner's morning sickness should start to subside. She may also start to feel more energetic. As a dad-to-be, you can help her by continuing to be supportive and by encouraging her to get plenty of rest and exercise.

### **What to expect:**

- Morning sickness subsides
- Increased energy levels

### **How to support your partner:**

- Continue to be supportive
- Encourage her to get plenty of rest and exercise

## **Month 4**

During the fourth month of pregnancy, your partner's belly will continue to grow. She may also start to feel the baby move. As a dad-to-be, you can help her by being present at her doctor's appointments and by sharing in the excitement of feeling the baby move.

### **What to expect:**

- Belly continues to grow
- Baby starts to move

### **How to support your partner:**

- Be present at her doctor's appointments

- Share in the excitement of feeling the baby move

## **Month 5**

During the fifth month of pregnancy, your partner's baby bump will become more pronounced. She may also start to experience Braxton Hicks contractions. As a dad-to-be, you can help her by massaging her back and by helping her to relax. You can also help her to prepare for the baby's arrival by buying baby clothes and setting up the nursery.

### **What to expect:**

- Baby bump becomes more pronounced
- Braxton Hicks contractions

### **How to support your partner:**

- Massage her back
- Help her to relax
- Help her to prepare for the baby's arrival

## **Month 6**

During the sixth month of pregnancy, your partner's belly will continue to grow. She may also start to feel the baby's hiccups. As a dad-to-be, you can help her by continuing to be supportive and by helping her to prepare for the baby's arrival.

### **What to expect:**

- Belly continues to grow
- Baby's hiccups

### **How to support your partner:**

- Continue to be supportive
- Help her to prepare for the baby's arrival

## **Month 7**

During the seventh month of pregnancy, your partner will start to feel the baby's movements more frequently. She may also start to experience swelling in her hands and feet. As a dad-to-be, you can help her by massaging her feet and by helping her to find comfortable positions to sleep.

### **What to expect:**

- Baby's movements become more frequent
- Swelling in hands and feet

### **How to support your partner:**

- Massage her feet
- Help her to find comfortable positions to sleep

## **Month 8**

During the eighth month of pregnancy, your partner's belly will be very large. She may also start to experience back pain and difficulty breathing. As a dad-to-be, you can help her by being patient and supportive. You can also help her with practical tasks, such as cooking meals and running errands.

### **What to expect:**

- Belly is very large
- Back pain
- Difficulty breathing

### **How to support your partner:**

- Be patient and supportive
- Help her with practical tasks

## **Month 9**

During the ninth month of pregnancy, your partner is preparing for the baby's arrival. She may start to experience nesting instincts. As a dad-to-be, you can help her by being supportive and by helping her to prepare for the baby's arrival.

### **What to expect:**

- Nesting instincts

### **How to support your partner:**

- Be supportive
- Help her to prepare for the baby's arrival

Becoming a dad is an amazing experience. It can also be a challenging experience. This pregnancy handbook for dads-to-be provides a month-by-month guide to what to expect during your partner's pregnancy. By being supportive and by helping her to prepare for the baby's arrival, you can help to make her pregnancy a positive and memorable experience.



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