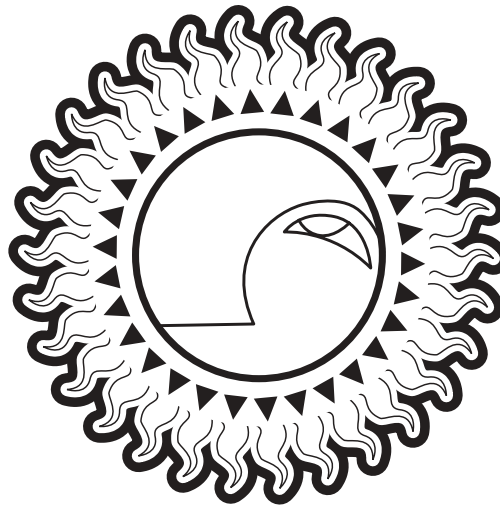
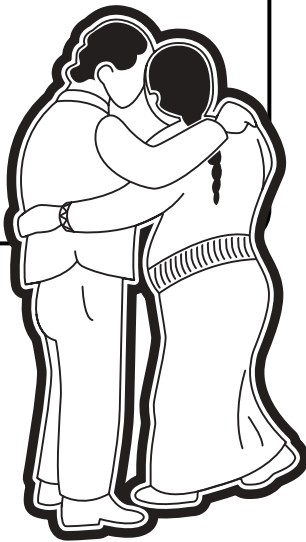


Be there
for her
and she will feel
—— better.

- Say kind words.
- Touch her more often.
- Help with housework, cooking, and heavy lifting (groceries, firewood, etc).
- Help with your other kids. They will love and remember this “daddy time”.
- Make plans with her for when the baby comes.
- Join her for her prenatal clinic visits.
- Learn about how you can help during the birth.
- 
- A black and white line drawing of a man and a woman in a close embrace. The man is on the left, seen from the side, with his arms around the woman. The woman is on the right, seen from the back, with her head tilted towards the man. They appear to be in a tender moment.



Cree traditional wisdom:

Whatever the mother takes
so does the baby. If you drink
an alcoholic drink so
do the baby. If you use drugs,
your baby is using them too.

We, native people, never used alcohol in the past and our forefathers had a good life! (R.M.)



CH-3

Version française disponible



Fathers and Pregnancy



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

During these 9 months you have an important role in making a healthy baby.

By doing your part your family will grow closer and have some great memories.

The pregnant woman in your life may act differently.

She may be:

Tired

Sad at times

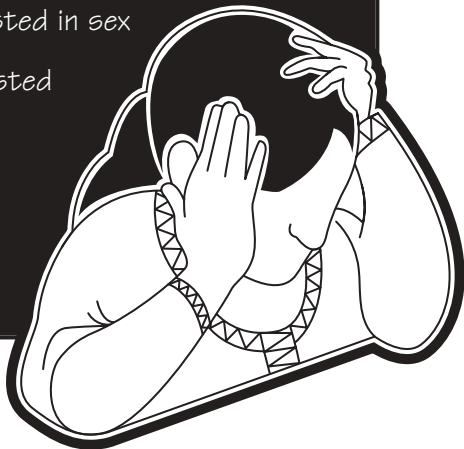
Worried

Less interested in sex

More interested in sex

Feeling less beautiful

Feeling fat



Use these tips to protect your baby and its mother

Don't tempt her by drinking around her and don't let others drink around her.

Do you know that if your baby's mother drinks alcohol during pregnancy your baby can be damaged for life? If friends will be drinking alcohol, join her in staying alcohol-free or take her out somewhere else. Your own drinking can damage sperm and may cause learning problems for baby.

Don't let people smoke around her.

If you smoke, now is a great time to quit! Don't let people leave packs of cigarettes around your baby's mom if she is trying to quit. Ask people to smoke outside. If your home is smoke-free, your baby will be more protected from crib death and is less likely to be born too small.

Go with her to the clinic if she is having trouble letting go of cigarettes, alcohol or drugs.

Speak up for her needs when you are at the clinic or hospital. Tell the nurses or doctors what she wants. Childbirth is easier when the mother is relaxed.

Help her breastfeed. Breastfeeding helps to make babies strong and healthy and protects them from disease. When you see her breastfeeding give her pillows to get comfortable or bring her a glass of water.

Enjoy

Take some time off work when your baby is born and enjoy the gift of new life in your home. Notice the funny faces and sounds your baby makes. Notice how baby starts to know you and want to be with you more than other people. Your baby will enjoy being rocked and danced in your strong arms, especially when mom is worn out.



Help her get a break

Mom may feel the "baby blues" or depression in the few months after baby is born.

Ask her how you can help.

Find someone to watch the baby once a week so the two of you can be alone together.

The best gift you can give a baby is a good relationship between its mother and father.