Congratulations!

Love

**Found out you are pregnant?** Being happy, scared or worried are all normal feelings. Your body is already adjusting to being pregnant. Your breasts can be sore as they grow and start getting ready to make milk.

Talk

**Have a check up with your doctor as soon as you can.** Smoking tobacco, taking drugs and drinking alcohol are not good for the baby. Drinking, smoking and other drugs can cause birth defects and other health problems. Ask people not to smoke around you and your growing baby.

Sing

**Music can help you feel happy and relaxed, just what your baby needs for good brain development.**

Read

**Find out about the right things to eat as some foods now need to be avoided.** Health foods such as different fruits and vegetables make baby strong and healthy. Some useful websites about nutrition and pregnancy are listed on the back page of the flip chart.

Grow

**By week 5 my heart is beating.** By week 6 my face is recognisable. Mum, you might start feeling tired as I am growing fast.

For Dad

You are going to be a father! Congratulations!

Being a father is a special role. No other job will ever be as important and rewarding as this one.

Congratulations!
Growing Strongly

Love
The baby may not feel real to you yet, but it is already at home in your womb. The foods a mother eats when pregnant can affect her developing baby and their health in later life so keep making good food choices.

Talk
Talk to someone you trust about how you are feeling. It might be a friend, your mum or your partner. Ask them to go with you to the doctor or midwife. It is important to find out what you need to do now you are having a baby.

Sing
Do you remember any special songs that were sung to you when you were growing up? Keep your family or cultural traditions alive by re-learning them. Your baby will learn to love them too.

Read
You might want to start reading books about pregnancy and being a parent. The library has parenting magazines and books you can borrow. It is free to join. The internet and phone apps can be helpful too.

Grow
I am now 11 weeks and starting to kick inside, but you will not feel it yet Mum. When I am 12 weeks I will start to look like a human baby.

For Dad
Mum may not want to be touched if she is feeling sick from morning sickness (which happens at any time of the day). It is the pregnancy making her feel like this, and it will get better.
Your changing body

Love

You are worth looking after, and not just because you are creating someone very special. So remember to take care of yourself. Some gentle exercise like walking or swimming every day is good self care.

Talk

You might want to start telling people you are pregnant. Talk to the hospital about booking in to have your baby and go to child birth classes with the midwife.

Sing

Babies who are sung to while they are in the womb remember the same tune when it is sung to them after birth. This helps them feel safe. Dads and siblings can join in too.

Read

Your baby will soon know your voice, so it is a good time to start reading or talking to your unborn baby. It can also help your baby feel more real to you.

Grow

I can smile and frown when I turn 14 weeks. By 16 weeks my eyebrows and eyelashes are able to be seen.

For Dad

You might not know what to do or say as Mum’s moods keep changing. Trying to be extra kind and a good listener is a great start.
Halfway There

Love
Send your baby special messages of love with your thoughts or tell them you love them out loud. Everyone enjoys being told how special they are, even unborn babies.

Talk
Not everyone feels happy when they are pregnant. If there are problems with money or relationships or you just feel sad, tell your midwife or doctor. What you are feeling can be helped by talking to them about it.

Sing
Take time to look after yourself. Find healthy ways to manage stress. Pregnancy can be tiring as baby grows. Resting while listening to music can help you relax.

Read
It can be hard to think about what the future holds for you as a parent. Reading about pregnancy and parenthood can reduce some anxiety and help you prepare for what may be ahead.

Grow
I am still growing fast. By the time I am 17 weeks I will have my own fingernails, fingerprints and footprints. Mum and Dad – book into pregnancy classes to get ready for my birth.

For Dad
Were you breastfed as a baby? Breast milk helps protect your baby from getting sick and costs nothing. Learning about how breastfeeding works will make it easier to support your partner and be helpful in practical ways.
**Love**
Sex is almost always safe in pregnancy unless the doctor tells you not to. Women and men can want different things when she is pregnant. There are lots of ways to be loving without having sex if she is not in the mood.

**Talk**
Dad, tell Mum how great she is. Growing a baby is hard work and changing shape can upset some women. Learning about her pregnancy and going to appointments can help you feel included. Talking to each other about how you can support one another can help keep your relationship on track.

**Sing**
Babies love the sounds of men's voices. Dad smells and feels different to Mum, helping baby’s brain to grow strong. Be as involved as you can. Even inside the belly your baby knows your voice.

**Read**
Try and be as ready as you can for how your life will change. Babies are only babies once and need you as much as they need Mum. Reading books to your baby gives them a head start in learning new words and becoming good readers.

**Grow**
Find out what to expect and how to be a good support person during labour and birth. When I am born there will be lots of special moments to enjoy. This could include my bath time, nappy changes, baby massage, wrapping and settling or just spending time with me.

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**Becoming a Father**

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**Talk**

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**Sing**

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**Read**

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**Grow**

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Planning Ahead
Will I be a good parent?

Love
Not everyone will have a partner or husband. Think of someone who will be a good male friend for you both. Ask if they will play a role and take an interest in your baby’s life as he or she grows up.

Talk
Keep asking your midwife or carer about things like breastfeeding, healthy foods, safe sleeping and the effects of smoking and other lifestyle choices.

Sing
Try listening to other types of music, even music you don’t normally enjoy. See if you notice your baby responding differently to the variety. Does baby kick and move more or does baby sleep through it?

Read
You don’t have to be a good reader to help your baby learn. Your baby learns the most from watching and listening to you. Nursery rhyme books and books with animals can be great first toys to enjoy together.

Grow
Now I am 22 weeks I have sleep and awake times. My eyelids start to open and close at 25 weeks and I love practising this new skill. Have you started thinking about what my name will be?

For Dad
Showing love for your baby in the womb helps mum and baby to be more healthy, happy and relaxed. Even if you are not with your child’s mother, offer help if she needs it.
Staying Comfortable

Love
Being a parent does not come easily for many people. It takes time to get to know each other. You have already started when baby is still in the womb. It can help to massage your belly and think about how you will help your baby to be happy and healthy as it grows up.

Talk
If you are in a violent relationship, talk to someone you trust about it. Get some help for you and your baby. A violent relationship could mean you are not in charge of your money. It can be someone telling you who you can and cannot see or being told you are stupid or worthless. It can also include you being punched, slapped or kicked. It is wrong for anyone to treat you or your children like this.

Sing
Remember to keep all check ups with your midwife or doctor. It is important to see them when they ask you to. This helps make sure you and baby stay well.

Read
Talking and reading gently in a loving way to your baby will have a good effect on their memory and emotions.

Grow
From 33 weeks I will begin to gain weight quickly as I get ready to enter the world. My brain is creating important connections that will help me be a fast learner when I am born.

For Dad
Once baby is born you can carry your baby in a baby carrier, or just cuddle them. Babies love being held close to your body. At times pregnancy can put stress on your relationship. If you have concerns or want to talk to someone about being a Dad, call the Men’s Line on 1300 78 99 78 for support.

Love
Talk
Sing
Read
Grow

Staying Comfortable

Weeks 29 to 37
Bring it on! Welcome to the world.

Love

As soon as baby is in your arms they will look into your eyes. They are learning what you look like. They already know what your voice sounds like. You and Dad are the most important people in your baby’s life.

Talk

Talk to a midwife about breastfeeding in the early days after birth. This will help you know what to expect as changes can happen feed to feed. For more information and support for Mums and Dads about breastfeeding, phone 1800 686 286.

Sing

Listening and moving and finding a rhythm to music in labour will help you stay relaxed. Even in the womb, baby is building the beginnings needed for language.

Read

You can write your baby a letter, keep a journal or do a drawing to show them how much you love them. You can keep it for them to see as they grow up.

Grow

I am now 37 weeks. I am still putting on weight but I’m big enough to live outside of the womb. Your body is giving me lots of antibodies to protect me against disease.

For Dad

Once baby is born, cuddling skin to skin daily can help settle baby and help you to connect with each other. Do a test drive to hospital if you have not been there before. Have the car seat ready and fitted.
Where to get help

Where to get help

In an emergency, always call 000

If it’s not an emergency but could be serious
Call 13 HEALTH (13 43 25 84)

Personal crisis/suicide prevention and mental health support

Lifeline
Call 13 11 14
www.lifeline.org.au

Deaf and hearing impaired services

Teletypewriter/Voice Calls
Call 13 36 77

Speak and Listen
Call 1300 555 277
www.relayservice.gov.au/

Culturally and Linguistically Diverse (CALD) information

Translating and Telephone interpreter service (Free)
Call 131 450

Parenting information and support

Parentline
Call 1300 30 1300

Raising Children Network
www.raisingchildren.net.au

Antenatal and Postnatal Depression support

Beyond Blue
Call 1300 22 46 36
www.beyondblue.org.au/

Peachtree Perinatal Wellness
www.peachtree.org.au/

Lifeline – Personal crisis/ suicide prevention and mental health support
Call 13 11 14
www.lifeline.org.au

Alcohol, tobacco and other drugs

Alcohol, smoking and drugs

Quitline
Call 13 78 48

Aboriginal and Torres Strait Islander Resources

Growing Strong: Feeding You and Your Baby

Indigenous Health
www.health.gov.au/indigenous

Institute for urban indigenous health
www.iuhi.org.au/

Dads

MensLine Australia
Call 1300 78 99 78
www.mensline.org.au

Dads in Distress – Peer support for separated dads and their families
Call 1300 853 437

New Dads – a great start to fatherhood
www.raisingchildren.net.au/articles/new_dads_10_tips.html

Children’s Health Queensland

Domestic and Family Violence Counselling and Support

24 hour state-wide Domestic Violence Hotline
Call 1800 611 811
www.dvconnect.org/

1800 RESPECT (1800 737 732) 24 hours, National Sexual Assault, Family and Domestic Violence hotline
www.1800respect.org.au

Relationships Australia
Call 1300 364 277
www.relationships.com.au

Breastfeeding advice and support

Australian Breastfeeding Association Breastfeeding helpline
Call 1800 686 268
www.breastfeeding.asn.au/

Infant Feeding

Nutrition Australia
www.nutritionaustralia.org/national/resource/infant-nutrition

Pregnancy, birth and baby
www.pregnancybirthbaby.org.au/