

## ▶ AT THE BIRTH

- Stay positive even if she wants to be alone or tells you not to do something – she's not getting at you.
- Try to stay quiet and still during contractions.
- Between contractions offer drinks, ice, heat packs, hugs – whatever helps.
- Stay calm and keep telling her how well she's doing.
- Hold her hand and support her body.
- If it's hard to see her in pain and you're getting too stressed, take deep breaths – leave the room if you need to (but don't disappear).

For more info from other  
Kiwi dads who've been there

### CHECK OUT:

[www.greatfathers.org.nz](http://www.greatfathers.org.nz)

[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)

[www.diyfather.com](http://www.diyfather.com)



# At the birth A DAD'S SURVIVAL GUIDE

*"The midwife was like, 'Quick, put your hands out and catch him!' After it was over, I bawled my eyes out, man. It was just so cool."*

**Warren Maxwell,  
Trinity Roots,  
Little Bushman**



Photo: Pat Shepherd

