



# The Expecting Father

Presented by Corey W. Pack, Founder RFI



# The Expecting Father

1. Before birth
2. During birth
3. After birth
4. Conclusion
5. Q&A

# The Expecting Father

Stress, is defined as changes or challenges to the normal routines of life. Some life events can be seen as "good" stress (a promotion at work, planning a wedding, moving to a new city). These events are considered positive, and are referred as "eustress". Eustress responses generally offer some type of benefit, whether it is physical or psychological. They tend to leave you feeling excited and motivated, and for the most part are seen as manageable. The opposite of "eustress" is "distress", these events often leaves us feeling uncomfortable and overwhelmed.



ThePhoto by PhotoAuthor is licensed under CCYYSA.

# The Expecting Father

The expectation of a child should be an exciting time, there's plenty to get done before the birth of the child. The expecting father plays an important role to help get things completed like; buying diapers, bottles, formula, a crib and also painting the baby's room.

The expecting father's presence and participation helps to keep the mother calm and relaxed.

Fathering programs like RFI can assist "expecting fathers" as they prepare for the arrival of his child.





Stress during pregnancy is normal, it certainly comes with its challenges and changes, yet as events come and go so does the level of stress. But ongoing or chronic stress is not healthy for the mother or the unborn child, persistent and high levels of stress may lead to health issues.

According to WebMD

Babies can feel what their mothers are feeling, at least when it comes to stress. In one study, babies were kept apart from their mothers for a short time while the moms completed a stressful task. When reunited, the babies showed signs of stress, too. A mother's stress can spread to her baby in the womb and may cause a lasting effect. A receptor for stress hormones appears to undergo a biological change in the unborn child if the mother is highly stressed, for example, because of a violent partner.

The expecting father plays a crucial part in minimizing those negative stress events, thereby impacting the health of his unborn child.

Here are a few of the symptoms of stress that the expecting father should watch out for, which may impact the mother:

According to Medical News Today

Symptoms of stress in pregnancy can differ but may include:

- \* sleeping difficulties
- \* headaches
- \* increased heart rate
- \* fast or shallow breathing
- \* persistent worry or anxiety
- \* eating too much or too little, or eating unhealthy foods
- \* difficulty unwinding or relaxing
- \* obsessive thoughts

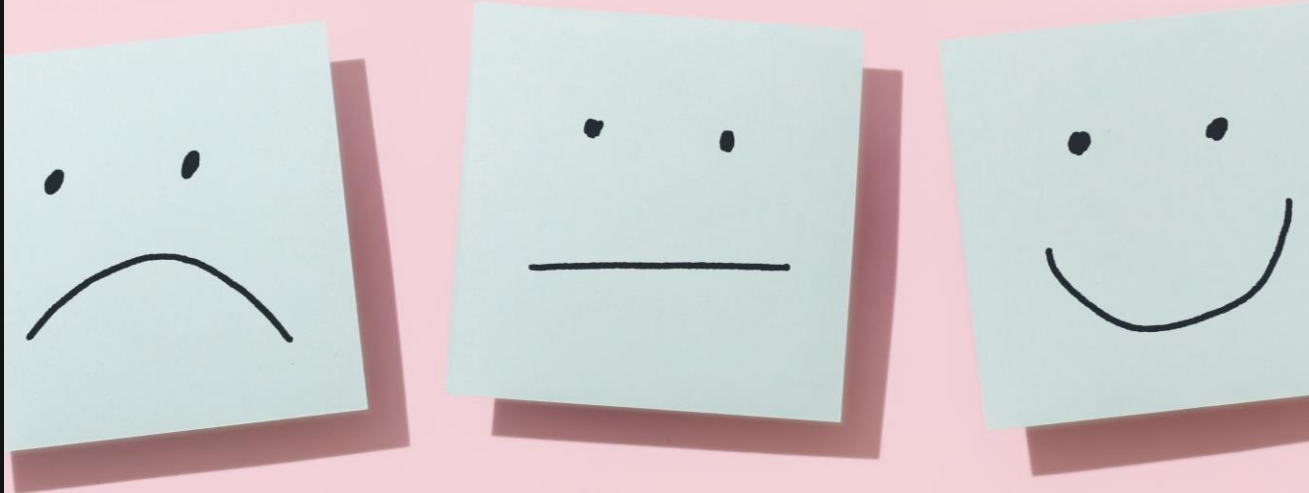
The expecting father, can use effective listening skills to make sure the mother's feelings and concerns are heard and appropriately addressed.



It is a common saying that half the job is being present, and the same can be said about the role expecting fathers play in the delivery room. Unless the couple is in the midst of a break up, the expecting father should be welcome in the delivery room. In fact according to Mommy on Purpose, mom's want the father to experience the birth of the child with her. It certainly helps with the father-child bonding process to have him there. The expecting dad's voice can be a familiar and calming sound during a very anxious and stressful time. The expecting father can help the mother maintain a good breathing pattern, he can wipe the sweat from her head and hold her hand in order to keep her calm and relaxed.

Expecting father can make sure mom's delivery bag has everything she needs, from her medicine, a change of clothes and her favorite snack.





The expecting father should try to keep his emotions under control, so not to make the mom any more upset. Our feelings can be contagious, we can pass on good feelings of hope and stability or those of doubt and anxiety. The expecting dad needs to be:

- 1) Prepared, for what's about to happen.
- 2) Know the signs of labor
- 3) Advocate for mom
- 4) Offer distractions to pass the time
- 5) Provide unending support.

RFI practices the 3E's, that is all emotions have energy, that must be expressed. There are no good emotions or bad ones, just emotions. How we express (show) the energy of the emotion determines whether it's considered bad or good.

RFI teaches men to be "proactive" and not reactive, to follow the 7T's that is to always take the time to think things through.

Now he has transitioned from the expecting father and to dad! At RFI we tell our participants that there is no more important job in life than that of a father. The bonding process with the child starts immediately upon the news of the pregnancy and continues throughout birth. In fact dads are encouraged to have skin-to-skin contact with his child.

This promotes several benefits including:

- \* improved infant health and development
- \* parent-baby bonding
- \* improves breastfeeding outcomes
- \* stabilizes the baby's temperature, heartbeat & breathing
- \* encourages deeper sleep patterns
- \* reduces postpartum bleeding in moms

In the first few years of life, a baby's brain forms more than 1 million new neural connections every second these connections shape life-long learning, behavior and mental health.





Babies are like sponges, they absorb everything around them. According to Dr. Jennifer Lansford, Duke University, from birth infants pick-up on emotional cues from other people. Even very young infants look to caregivers to determine how to react to a given situation. If dad or mom are experiencing chronic stress, it is passed on to the child. Feeling anxious and pressured by situations are felt by the child.

A little stress over time gives us motivation, drive, and purpose. And if you have a healthy response to stress than your child will mirror you.

Expecting fathers play an important role of conception through the entire life of his child. How he prepares, bonds and supports his family makes all the difference in the world.

# Conclusion The Expecting Father

Corey W. Pack

Founder/ Lead Facilitator

Responsible Fathers Initiative

[Responsiblefatherinitiative.org](http://Responsiblefatherinitiative.org)