

God created the man and the women and placed between them intimacy, affection and mercy. When a women becomes pregnant, she faces a number of hormonal, physiological and psychological changes. For these reasons the husband has to pay attention, take care and give consideration to the physical and psychological well-being of his wife. A number of studies have shown that the husband plays a vital role during his wife's pregnancy and giving birth as pregnant women who received support from their husbands face less problems during pregnancy. Giving birth was easier and faster as well.



What is the role of the husband during his wife's pregnancy?

The role of the husband is characterized by changing some of his behaviors, then offering the psychological and physical support. The care you give to your wife starts by changing some of your behaviors such as smoking as it harms the health of your wife and the fetus. Studies have shown that smoking by the father is linked to an increased risk of early pregnancy loss (miscarriage) and with infants' respiratory diseases and low birth weight babies.



Physical support



- Encourage your wife to do sports such as walking for 30 minutes three times a week and join her in walking to give her an additional motivation.



- Many pregnant women tend to be lazy and dependent on others even for simple tasks, which means the major burden of in-house keeping lies on the husband. For this reason participate in the daily life and perform more of the in-house keeping tasks such as cooking, dish washing and laundry. Ensure that your wife gets a lot of rest.

- Check on the movement of the fetus during the last months of pregnancy by putting your hand on your wife's belly. This will increase her sense of care about her health and the health of the fetus.

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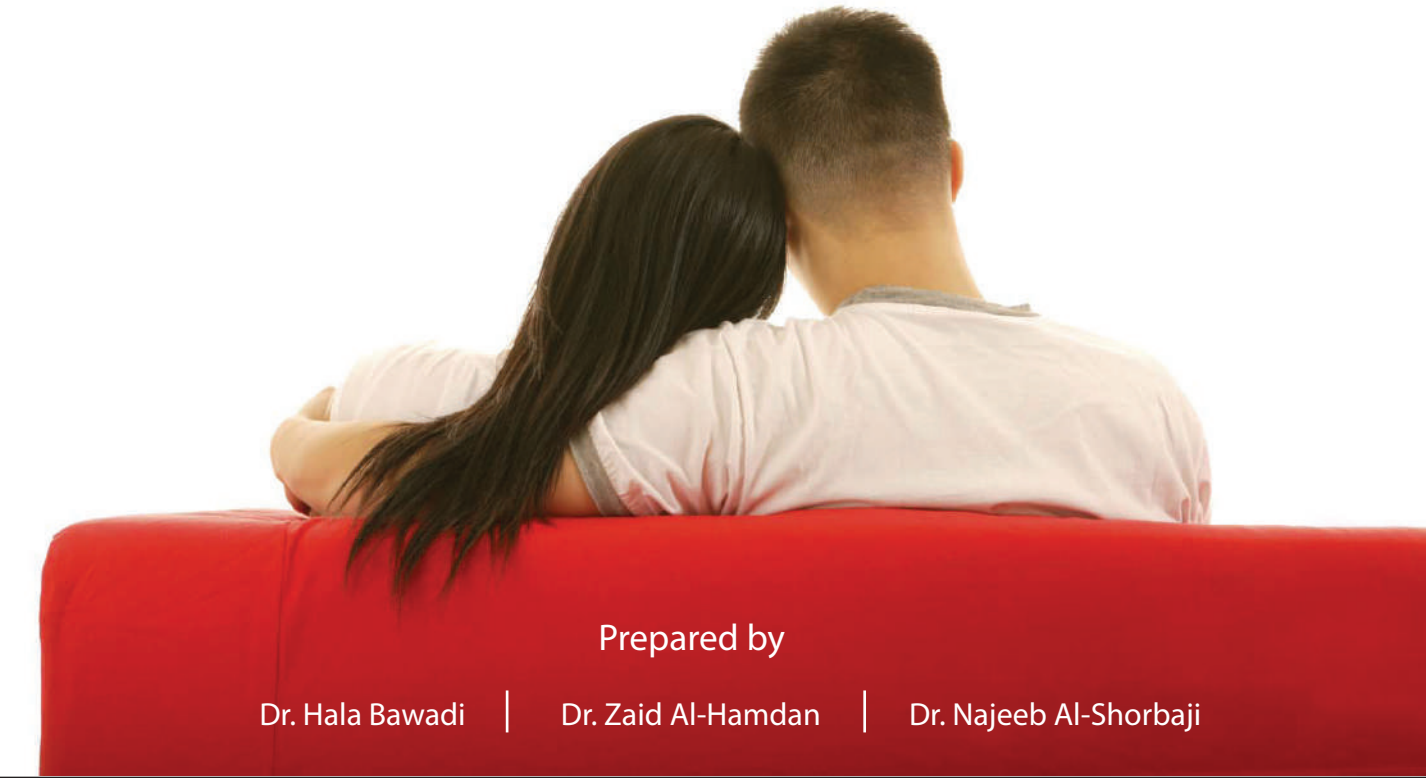


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The role of the husband during pregnancy period

**What should the husband do towards his wife during her pregnancy?
The importance of availability of the husband with his wife during her pregnancy**



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Care for Mother's Health



- Follow up the increase in your wife's weight as it should be gradual increase and compatible with the needs of the mother and the fetus instead of sudden and big increase. There is agreement that the increase of the weight during pregnancy should not be more than 16 kilograms.



- If your wife suffers from nausea and vomiting during the first months of pregnancy, this is normal. You need only to make sure that she eats small quantities and frequently to avoid nausea. Assist her in the morning by preparing light meal for her while she is still in bed to avoid her repeatable vomiting.



- Make sure that your wife takes healthy and balanced meals as it is advisable to take 6 small meals instead of 3 big meals.
- Ensure that all your wife's meals include all essential nutrients.
- Ensure that your wife takes fluids especially water, it is recommended to drink 10 cups of water daily.



- Ensure that your wife does not take fatty, fried, flavored or spicy food and help her to reduce drinking tea and coffee.



- Make sure to select fresh food instead of canned food for your wife.
- Help your wife to reduce salt consumption as there is link between overuse of salt and pregnancy problems such as excessive swelling and possible eclampsia resulting from high blood pressure.

Care



- Antenatal follow up visits are important moments in the life of the married couple. For this reason accompany your wife in her visit to the obstetrician as there is nothing better than watching your baby while moving inside their mother.
- Ask your wife if she has taken her medication and other supplements that were prescribed by the physician.
- During the last three months of her pregnancy, the increased size of belly, the accompanying pain and swollen feet result in limiting your wife's mobility. You have to help her to stand up and to more in bed and providing comfort to her by availing a cushion for her, for example. In addition to this protecting her from carrying heavy items to avoid sever back pain and draw her attention when needed to the appropriate way to set and the right way to stand up.
- Your knowledge, as a father, of the danger signs of pregnancy makes you more capable to intervene at the right time to save life of the mother and the baby. These signs are bleeding, drops of transparent liquid, high temperature of your wife, less movement by the fetus, swallow face and fingers, headache and blurred vision.
- Contribute to creating a safe and right environment for your pregnant wife which consequently leads to avoiding any negative impacts on her health and the health of fetus such as smoking, long-haul travel, carrying heavy items, exposure to x-ray and chemicals.
- Your knowledge of the signs of true labor enables you to recognize the right time to take your wife to the hospital and to avoid delay which contributes to protect her and the fetus from any risk.
- Nothing is more glorious than responding to the needs of your wife with joy and love especially in the first months of pregnancy as she may ask for a specific out-of- season food.



Psychological support



- The woman has to be relaxed psychologically as this will lead to a normal growth of the fetus and consequently safe and normal delivery.
- The emotional status of the woman changes a lot during pregnancy period as a result of hormonal changes. This exposes her to intense emotion which may lead to depression. So, the husband has to offer psychological support and to feel his presence by her during the whole period of pregnancy.



- The wife becomes weak during pregnancy and therefore needs warmth and affection and the husband has to contain her and make all this available to her.

- Participation in the preparation of the baby's room or the bed in addition to the decoration, cloth, and buying the accessories for the baby.

- Consult with your wife and make a decision regarding the name of the baby and the hospital in which she would like to give birth and the date for aqeeqa (sacrifice) if you are considering giving a party. All decisions have to be taken jointly.



- During the last days of pregnancy, the husband has to intensify care of his wife due to the sudden onset of labor. The husband has to keep in touch with his wife and ask about her from time to time so that she does not feel lonely.

- Ultimately, if the woman feels the presence of her husband with her, this will reduce a lot the deterioration of her mental status and will help her to bear with the pain and disturbances and will mentally prepare her to become a mother. This will also reduce the possibility of having what is called "Post-partum depression" from one side and from the other side will prepare the man to become a father.