



Right Start. Bright Future.

A tick list for fathers to be



Western Cape
Government
FOR YOU

Health and Wellness



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

FIRST
100 days
Right Start. Bright Future





Congratulations on your wife/partner being pregnant.

You made this unborn baby together so your role is vital for his/her wellbeing.

Pregnancy

Yes No

Pregnancy	Yes	No
I will learn all I can about pregnancy and birth so that I can be a useful support to my pregnant partner.		
I know that the nine months of pregnancy will affect the baby for the rest of her life.		
I will try to make sure that alcohol, smoking and drugs are not used.		
I will regularly go to antenatal check-ups with her at the clinic so that I can understand what is happening.		
We will try to eat healthy food so that the unborn baby's brain and body can grow well.		
I will talk, read and sing to the unborn baby.		
I understand that my partner's body might be hurting because it is physically changing.		
We will go for walks together to relieve stress.		
I will look for signs of sadness and suggest that she speaks to someone she trusts.		
I realise that my partner's energy will be less on some days because her energy is being used to grow the baby.		
I need to know that on some days she will need to rest more than on other days.		
I will try to understand the mood swings because there are changes in her hormonal levels.		
I will talk to her when she is not interested in sex so that we can find ways to feel like a couple.		
I will make every effort to reassure her that she is beautiful even though she may feel shy about her new body shape.		
I will let her know that I am caring for her by chatting to her and giving her feet or back a massage.		
I will show my support by helping with work in the house and caring for other children.		
I will chat to men who I respect to find out how to be a good father.		
We will work out a delivery plan with the nurse.		
I will help her pack her suitcase to take her to the MOU or Hospital for the birth.		
I will make sure that there is transport ready for when she needs it.		





Yes No

And the baby comes

I will try to be the birth companion to my partner during delivery or suggest someone else who can.		
I will give her fruit juice, rooibos tea, light snacks so that she can have energy for the birth process.		
I will massage her back and talk to her.		
I will help her breathe when the contractions start happening closer together.		
I will be there when our baby is put onto my partner's chest.		
I will talk to my baby as he/she is born because my voice is known.		
If something sad happens then I will comfort my partner.		

After the birth

We will wait until my partner feels ready to have sex.		
I will be alert in case she feels down and ask her to discuss this at the clinic or with someone she trusts.		
I will make sure that mom and baby return to the MOU/hospital on day 3 after the birth for a check-up.		
I will study the Road to Health Booklet.		
I will make sure that the baby has its immunisations.		
I will make sure that we use contraception.		
I will learn how to change nappies.		
I will feed my baby with expressed breast milk.		
I will register the baby with Home Affairs.		
I will share my fears and thoughts with my partner.		
I will ask family and friends for help and advice.		
I will stimulate the child's brain development by playing, listening and talking to her.		
I will speak quietly and hold our baby close so that he can calm down and be comforted.		





Dear Dad

I know you think I am too small to understand but I know that I need you.

If only you knew what a powerful influence you have in keeping me healthy and in keeping our family stable and strong to survive the storms of life! When you are an involved and loving dad then I will more likely do well in school, there is less chance that I will be caught up in drugs and criminal behaviour and there is less chance that I will fall pregnant as a teenager. This is what the clever researchers across the world have found to be true.

It started even earlier than this. When you were present during mom's pregnancy and at my birth then mom's stress levels and blood pressure were lower. When you massaged her back during my birth it made her feel comforted and cared for. And I just knew things were going to be ok.

For the nine months I spent in the womb I heard mom's and your voices every day so when you spoke to me when I was born I knew it was you and I felt calmer (ok, I know I was screaming but the lights were bright).

Remain in my life. No matter what happens please don't reject me. You will always be the man who started my life. Keep on talking and listening and giving advice so that I can develop intellectually, socially and emotionally. I really need both my parents because my development depends on being able to play, to explore and to learn within a safe home environment.

Let us spend time together. I will learn more if we play and talk .. and we don't need expensive toys for that!

**With much love from
Your child**



www.westerncape.gov.za/first-1000-days/

