

After a baby.... relationships and sex

Not surprisingly, things change after the birth of a baby and relationships with your partner, friends and family will alter. Sometimes you may find you have less in common with friends without children and you may start spending time with other friends who are already fathers. **Fathers Direct** is a national information centre for fatherhood you could access on www.fathersdirect.com. You and your partner will also need to discuss how you plan to bring up your child and sometimes you may have different ideas on parenting. If you can, try to discuss compromise and sort out any issues as early as possible.

Sex is an issue you should try to talk about as it is not unusual for either of you to go off the idea. New mums can suffer from soreness, bruising, stitches, hormonal changes, tiredness and tender breasts (especially if breast feeding). You may also go off sex as you may be tired, concerned about hurting your partner and often the baby will sleep with you in the bedroom. Talk to your partner and wait until you are **both** ready and don't forget to sort out **contraception** as women **can** get pregnant shortly after giving birth.



Useful Contacts

Sandyford Initiative (Sexual and Reproductive Health Services)
Tel: 0141- 211 8600 www.malehealth.co.uk

And finally.....

Support your partner as much as you can
Take support offered by **family** and **friends**
Get **involved**

Look after **yourself**

Try and prepare yourself for the birth

Spend as **much time** as you can with your baby.....you make a difference!

Sort out any issues around **parenting** and be prepared to compromise

Talk to the **midwife/staff**

Don't be afraid to ask if you are **unsure** about anything

Most importantly, enjoy being a father

Further Support/Information/Contacts

Child Law Centre (Information for teenage parents on how to get financial help)
Tel: 0800 328 8970 (free for under 18's)
Main Advice Line: 0131- 667 6333
Mon-Fri (09:30-4pm)
enquiries@sclc.org.uk

Citizen's Advice Bureaux (Free independent financial advice)
Telephone advice only: 0844 848 9600:
www.citizensadvice.org.uk

Drinkline Scotland Tel: 0800 7 314 314

One Parent Family Scotland
Tel: 0808 801 0323: www.opfs.org.uk

Parent line Plus Tel: 0808 800 2222

Shelter Tel: 0808 800 4444

The Big Plus (Free help with reading, writing and numbers) Tel free: 0808 100 1080

Talk 2 (for fathers with children of all ages)
Tel: 0141- 287 2841 www.talk2glasgow.com

NHS 24 (Scotland) Tel: 08454 24 24 24

Southern General Maternity Hospital
Tel: 0141- 201 1100

Princess Royal Maternity Hospital
Tel: 0141- 211 5400

Queen Mother's Hospital
Tel: 0141- 201 0550

If you would like this document in another languages if requested, please contact: 0141-201 4915

Ma tha sibh ag iarraidh an fhiosrachaidh seo ann an cànan eile, cuiribh fios gu:

如果您需要该信息的其它语言版本，请联系：

اگر این اطلاعات را به زبانی دیگر میخواهید لطفاً با این ادرس تماس بگیرید :

إذا رغبت في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال بـ:

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

اگر آپ یہ معلومات کسی اور زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی رابطہ کریں :

Eğer bu bilgiyi bir başka dilde istiyorsanız lütfen bağlantı kurunuz:

Jeśli chcesz uzyskać te informacje w innym języku skontaktuj się z:

If you would like this document in Braille or audio-tape format, please contact: 0141-201 4915

**NHS Greater Glasgow & Clyde
Public Education Resource Library**
Tel: 0141-201 4915/Fax: 0141-201 4936
E-mail: PERL@ggc.scot.nhs.uk
www.nhsggc.org.uk/perl



FACTS FOR FATHERS TO-BE



Dear expectant father,

Congratulations and welcome to the maternity services of NHS Greater Glasgow and Clyde. Fathers play an equally important role in the lead up to, birth and future lives of their children. Preparing for fatherhood can at times feel overwhelming so please remember that any member of staff you meet will be happy to help with any questions/issues you may have.

Having access to information which is relevant to you becoming a dad is important, so hopefully you will find the handy tips, contact numbers and website addresses within this pamphlet helpful.



Internet access can be gained from within any library facility across the city

In the beginning

Fathers to-be experience a whole range of emotions on finding out they are about to become a dad. Mothers to-be also experience a variety of emotions mixed in with plenty of hormones and can often suffer from extreme tiredness. This can mean that the early stages of pregnancy may be a rocky time for some couples. Often these early pregnancy symptoms will pass and it is important to remain as supportive as you can to your partner. There may be quite a lot of changes so it is important that **you** also get support from friends and family. If you need someone to talk to you can contact: **Breathing Space- 0800 838 587**. Try to be involved as much as you can by attending hospital appointments and scans and get to know your midwife as they will be a great source of support and information.

If you can, try to read the **Ready Steady Baby Book**, which is given to all pregnant women (If you are not with a partner you can request one from a midwife). If you are with a partner, you will be offered some kind of antenatal education sessions to help you prepare for the birth. You will be offered a tour of the hospital and birthing rooms so that things don't seem quite so scary at the time of the baby's arrival.

Navigating family relationships can be tricky so try and remain patient and calm, especially if you are a young father to-be and the pregnancy wasn't planned. Both families often come round to the idea of a baby and

can be a great support financially, emotionally and practically.

Trying to prepare a healthy environment for your child to grow up in is important and may mean some lifestyle changes for yourself and your partner. Mothers to-be who smoke are encouraged to give up throughout pregnancy as a smoke free atmosphere is recommended when trying to avoid the risk of cot death. If you smoke and would like to try and stop before the birth, contact: **Smoking Concerns: 0141- 201 9825**. For information on how to help prevent **cot death**, contact: **0141- 357 3946** or access **www.sidscotland.org.uk**. Preparing for the birth of the baby can also be an opportunity for fathers to-be to look at lifestyle changes such as alcohol consumption. Reducing your alcohol intake can allow you to focus more on the relationship with your child and concentrate on developing your skills as a parent. Contact: **Alcohol Focus Scotland: 0141- 572 6700** or access **www.alcohol-focus-scotland.org.uk**.

The main event

The birth of a baby is a huge event and will change your life forever. If you have chosen to be involved in the birth, don't be afraid to ask the midwife about things you are unsure of. Some dads really don't wish to attend the birth as they might feel very nervous or squeamish. Often having another member of the family with you at the time of the birth means you can take turns in supporting your partner and that person can also support you if the going gets tough! If you can, try to

spend some time with your baby straight after the birth as bonding with your baby is crucial to its development.

In the early days it can be quite difficult to know where you fit in. During the visiting of your new family, try to get involved with feeding, changing and bathing your baby. Also, if your partner chooses to breast feed, you can still be involved with changing and settling. The length of stay in hospital will depend on the type of birth your partner has and may vary from one to five days.

Visiting times for fathers are different to those of other visitors so ask your midwife.



You and your baby

Sometimes you may not know what to do with your baby, but the more you hold, cuddle and talk to your baby the closer you are likely to be with your child.

You may or may not be living with your partner following the birth of your baby. Whatever the circumstances you and your partner will both need to try and work out how you are going to care for the baby.

In Scotland, every birth must be registered within **21 days** of the birth. Registering the birth is free but you will need to pay if you want a copy of the birth certificate. If you are unmarried and jointly register the birth of your child with the child's mother you will automatically acquire parental responsibilities and rights towards the child. For further information access: **www.adviceguide.org.uk** or call: **0844-848 9600**. If employed, you may be entitled to **Paternity Leave** after the birth of your baby and you can access: **www.berr.gov.uk** or call: **020-7215 5000** for further information.

Once the midwife has stopped visiting, you will meet a **Health Visitor** who will advise you about vaccinations and immunisations which your baby will need. They will also encourage you to attend the baby clinic when you can. The baby clinic is situated within your GP surgery or health centre and it is quite normal to visit this clinic every week in the first few months of your baby's life as you will want to know that your baby is gaining weight and developing as expected.