Information for Partners

OF PREGNANT WOMEN

OTHER TOPICS

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QUESTIONS AND ANSWERS – ALCOHOL, OTHER DRUGS, SMOKING, AND PREGNANCY

AADAC'S ENHANCED SERVICES FOR WOMEN INITIATIVE

WHERE TO GET HELP/ MORE INFORMATION

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AADAC | services FOR women

Many partners of pregnant women don't feel prepared for their baby's birth, especially if it's a first baby. You might worry about money, about becoming a parent, or what the future holds. The best solution is to get information and support. Talk to other parents, your pregnant partner, or a health care professional. You'll find out you're not alone!

A healthy baby isn't just a mother's responsibility. Everyone involved plays a role. It's a give and take relationship for everybody. So, you are a very important part of your partner's pregnancy. Your choices affect her and the baby. Here's how you can help your pregnant partner have a healthy baby:

- **Keep stress levels under control.** Stress is a part of everybody's life, but pregnancy can increase stress for both a mother and her partner. Find positive ways to deal with your stress, and help your partner deal with hers in healthy ways. Here are some suggestions for managing stress: talk about your worries, exercise, get enough sleep and rest, eat well, learn relaxation techniques, and take one thing at a time. Get help if needed.
- **Be patient and supportive.** A pregnant woman often feels physically uncomfortable. Being pregnant can affect her moods. Try to communicate. Try to understand what she is going through.
- **Help your partner.** This includes helping with childcare and housework. Maybe she'd like a massage. Ask her if she needs help in other ways. For example, she may ask people not to use alcohol or other drugs around her. She may ask them not to smoke around her. Or, she might need your help to find professional support (such as counselling).
- **Put her needs first.** Other people's drug use can affect your pregnant partner and the baby. It's okay to tell people not to smoke, drink, or use other drugs around her. This is not always easy to do. Remember, your support makes it easier for her.

Pregnant women who smoke, drink, or take other drugs may have less healthy babies. A pregnant woman shouldn't take any drug, including prescription or over-the-counter drugs, unless she first gets advise from a doctor, pharmacist, or community health nurse.

Your support can go a long way to help your partner make decisions that will help her and her baby stay healthy during pregnancy. If she wants to quit or cut down her smoking, drinking, or drug taking, she will need your help. And, you can quit or cut down, too.

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