

20 tips for expecting Dads from Cam Merchant

1. Organise your doctor and support team.
2. Book the hospital and agree on your birth-plan approach.
3. Do a hospital tour to check out, the birthing suites, car park, nursery.
4. Book birthing classes and make sure you attend.
5. Make a list of the healthy foods and really try to avoid too much chocolate!
6. Get a simple exercise plan in place, I have taken up Pregnancy Yoga to support Jules.
7. Make a list of the baby furniture you will need and first check- out close family to see what you can borrow.
8. Make a relaxation play list this will come in handy.
9. Pack both hospital bags - then you know exactly where everything is in case there is a bit of a panic.
10. Road test baby products and explore the new supermarket shelves you are about to befriend.
11. Start working on names don't leave it to the last minute.
12. Organise the baby capsule, and make sure it is installed by a reputable installer. The hospital will assist you with this.
13. Cook two weeks-worth of freezer dinners just before the baby is due, I am told they will come in handy!
14. Potential visitors? Decide what your policy is going to be- drop in or call first? Many suggest you should take the first week at home to set-up your new family, bunker in and just enjoy it. Then set-up a schedule for visits, and meal delivery.
15. Make sure all bills are on auto payment, this will take additional stress out as it's easy to forget when you get distracted.
16. Check out any sound proofing needed, windows, doors, noisy pipes, and improve where possible.
17. Practice how to change a nappy, and how to wrap a baby.
18. Have the conversation on where the baby is going to sleep to begin with.
19. Read about how to deal with the lack of sleep and put some strategies around this for both you and your partner.
20. Make sure you maintain an open and strong relationship with your partner and keep your sense of humour.