

Medic Visits

Prenatal care is a very good way to insure the best possible health of mother and child. As a man you may not feel the need to be there for those appointments, but it should be something you place in the category of encouraging. You want to go to the first prenatal appointment. It's like having someone come to your first performance or to your first ball game. Don't leave your mother-to-be alone. She may not seem to need much more support or encouragement, but this first appointment means a lot. Be there for her. This sets the tone for the birth team.

