

5 WAYS TO SUPPORT YOUR WIFE DURING PREGNANCY

1

LISTEN TO HER

Your wife may feel restless or may not be able to sleep well. She may not be comfortable with a lot of physical proximity. You should be sensitive to her preferences, listen to her and ask her what she is feeling. Simply lending an ear may make all the difference.

2

GO ALONG FOR ANTENATAL CHECK UPS

While it may be difficult to accompany your wife for every antenatal check up, you should try to go with her for the important check ups, such as those with an ultrasound.

3

ATTEND ANTENATAL CLASSES

Attend antenatal classes to understand the changes your wife is going through, how you can encourage her in labour and how to take care of the baby after its arrival. The more informed you are, the better prepared you will be. After all, it's your pregnancy too.

4

BE INVOLVED IN HER LIFE

You can call her up to check whether she is eating small meals such as fruit or a mid meal snack every 2-3 hours. Help your wife reduce stress by sharing her chores and helping her decide on when to stop working in the last trimester.

5

HELP HER EXERCISE

Exercising helps build stamina to endure labour. You should encourage her to walk for 30 minutes everyday. Help her practice labour exercises such as supported squats.