

# TRIMESTERS EXPLAINED FOR FATHERS

Here are a few things you can expect your partner to experience throughout the pregnancy:



## First Trimester

During the first trimester, your partner may experience "morning sickness." However, this could happen at night as well.

The biggest change is that your partner will just need more rest during this period.



## Second Trimester

During the second trimester, your partner's body has adjusted to being pregnant, so her energy levels improve, morning sickness usually goes away, and she typically feels better physically as well.



## Third Trimester

During the third trimester, your partner may experience discomfort, have trouble sleeping, and have trouble doing routine tasks since her body is now getting ready for birth.



## Birth

Labor is between 10–20 hours and occurs in 3 stages. During an emergency, you may be asked to leave the room. Just know that if they can't tell you in the moment, it is because they must act quickly, and someone will explain later.

DURING LABOR, YOUR SUPPORT IS SO HELPFUL AND EXTREMELY BENEFICIAL TO YOUR PARTNER. SO DON'T FORGET THAT YOUR ROLE DURING ALL OF THIS IS IMPORTANT TOO!

