

Hear from Fellow Parents-to-Be | Kaiser Permanente

[Music]

Some people find it difficult to involve their partner because the woman is going to all the pregnancy visits. They can feel the baby and the partner can't feel it until usually around 20 weeks of pregnancy, but it's important to keep your partner involved and engaged.

We recommend inviting your partner to all of your prenatal visits so they can also ask questions and observe what's going on during each of your prenatal appointments.

You can sign up to take a class together, encourage them to put their hands on the belly, talk to the baby, get engaged with interacting with the baby even before the baby's born.

He really has created a bond with our baby already.

That first kick, that first feeling of like, there's a real thing in here, not just a big water balloon underneath the top, you know, underneath the t-shirt, was magical, priceless. We'll never forget that moment.

Hear from Fellow Parents-to-Be | Kaiser Permanente

You kind of felt her internally. You kind of felt the baby kicks, and you felt your body felt different. Nothing felt different over here. So, to be able to actually physically feel her kicking was a really cool feeling as your husband.

I think one thing that partners really respond to is being present at the ultrasound visit. That really, I think, makes the pregnancy real for the partner. They can see the baby; they can see the baby moving. That's a visit that will really help them start to feel more involved in the pregnancy.

If you have the flexibility to be able to go, it's a wonderful thing. And to be able to be a part of that is something that I would never trade in for anything. I felt very involved. And I went to every ultrasound, which was just – it was – honestly it was just fun. And I wanted to be there; it wasn't an obligation. I truly wanted to be at every ultrasound. And hearing her heartbeat for the first time, I mean, those are the things you just don't let go of and you don't forget, especially when you're the partner who isn't carrying the baby.

Mm-hmm.

Hear from Fellow Parents-to-Be | Kaiser Permanente

I'm really glad that my partner came to my appointment with me. Both of us hearing that heartbeat together just made it really special and feel much more real.

So, that allows the partner to participate fully and be fully engaged in the pregnancy.

I think that pregnancy has brought us closer as we start envisioning what our life is going to look like with the baby. It's been a cool bonding experience for Megan and me.

[End of recording]