



Healthy
Pregnancy
SUMMIT



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The Expectant Father

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Welcome to our session on the expectant father about the father's role in supporting the mother during pregnancy birth and infancy. I'm Dr. James Adams and with me today is Brian Salmon, who's the author of the birth guys go to God for new dads. Ryan, welcome.

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It's so good to be here today. Thank you guys for having me. And I love doing things like this because I feel like it just opens that door for more partners and dads out there to get some resource that's a little different.

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Absolutely, absolutely. So Brian, can you tell us a little bit about your experience working with dads to be

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well, okay, I guess I got to start back about 15 years ago when I was having my first daughter. There was a little bit of a cold so sorry about my voice today. There was nothing available. Everything was kind of the same as I still saw up until our book came out which was everything for dads or partners is always written with a snarky side That really was like kind of taking shots



at mom and during the pregnancy, and this and that it I didn't feel that it really did anything for me. The other thing that I saw was, there was a lot about changing a diaper. And, you know, pushing a stroller choosing a stroller, I'm like, those are like the smallest little things if you can't change a diaper, not quite sure you got someone pregnant. So you know, but in my thought process, I'm like, it has to go deeper than this. So when we decided to move 15 years ago to San Antonio from Los Angeles, I shifted gears I've always been in patient care. And I said, I am going to go all the way into babies. And so I opened an imaging center and prenatal imaging center. And I started teaching at Babies R Us doing a a dad program. I'm not going to say its name, but it's one that was out there and I didn't like it. And I'm like, this is not what it's about. So I just started teaching my own thing, and kind of started cultivating it from there and getting more and more into the birth world. You know, I attended my first birth when I was 19. But that was just a one time shot, but I remembered it deeply and I'm like, this is something I would really like to do. So I decided to go all the way because I was hearing in this city time, stories about doulas making their patients feel bad. And fighting with the doctors. I'm like, this is not how it has to be, we can make it a lot better and a lot more conducive to a really nurturing environment. That's healthy for mom and for partner, Dad, you know, depending on which way they're going in. And I came up with a series of things, which is still a living and breathing process, believe it or not, because I learned so much from my patients, and the people that I see. So I always keep it kind of open. I'm already thinking this books been out one year, there's gonna be a revision already, you know, as we keep going on throughout time, but that's pretty much my story, you know, and then I became began being, you know, attending births and as a doula and birth mentor and birthing coach, and then I decided to get my lactation counselors license and, and so I help people feed their babies and I'm just around it all day all the time, and I love it.

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Great. Can you explain a little bit More about what a doulas role is for people who aren't familiar with that.

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Well, okay, so the original definition is from the Greek word doulas, and it meant a labor assistance. Right? Well, I think there was kind of some shift because doulas for under the radar for a while a lot of people don't know what they were for many years and they kind of hung with the midwives they have to understand home birthing and, and birthing outside of the hospital is done by a very small percentage, less than 1% of our population. So when you when you look at that, you have to go, okay, what's going on in these little populations? And how's that going to trance transfer over to the hospital side where doulas are now starting to become more present? Well, there was this us against them type of mentality. I was never in that because I



never looked at thing that way. And I've been in patient care all my life since I was 17. And so, when looking at that, I was like, okay, it's gonna be a rough transition. Already when I first started getting into the tool of business, there were a lot of Oh, bees are very opposed to doulas because doulas would come in combative in, oh, you know, we're going to do this, we're going to do that for you. And you can't do that because we're not on their territory. So understanding how learning that thing was, the biggest thing for me was like, how can I really serve a purpose, navigating hospital birth and helping people navigate hospital birth, without being combative and forming good, tight relationships, where we can actually learn from each other, which is now what I see happening and I love it. It's so nice.

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So basically working with obgyn and helping the family better understand the birth process

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all the way around. That way I do it anyway. I like to be with the families for a while before so we can cultivate a relationship. I can help them and get to know them and find out psychologically where they're sitting. You know what, what is mom been through? What is dad been through? How's that interfere with the relationship because here it is. I'm gonna give it all to you right now in one bubble.

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You can teach in your rocking dads. class for a while. Can you show us what are the main topics that your rocking dad's class covers?

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I can't but I'm

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going to tell you the one thing I'm going to tell you that so important is it's all

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about the relationship and the energy you bring into the into the birth room. That really tells a lot about how you're going to parent, what your relationships going to look like in the future. That's a lot of my focus. So with rocking dads, of course,

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now that was a perfectly done, but a good segue because rocking dads we



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start off talking about the relationship communication, things that have changed in that primal thing inside mom that's supposed to happen where she pushes back at dad. And a lot of people don't understand that I didn't my one of my mentors Robin Davis Floyd, she's a cultural anthropologist, a doctor of anthropology. She's amazing. Robbie has taught me so much and and I mean, I learned so much from her my other mentor Stuart Fishbein obgyn, he introduced me to her, as she taught me about the paradigms of birthing and about what women do and why their programmed Do that. And so when guys understand that this is far back in our ancestry, when we were living in caves, they needed to make sure you're going to stick around, they needed to make sure you're going to be present to help, you know, make sure that that all that stays in check, they were going to eat of shelter. And now that energy is misguided. So guys nowadays have to learn a new way to communicate to their partners, and it works so effectively by showing them the transition from dude to dad, that makes all the difference in what happens in that house.

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So you really cover a lot of different issues there to help them understand that major transition to build and strengthen that relationship. super useful.

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Yeah, so the

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so but at the same time, then I

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start after we get into relationship, setting boundaries and family, all these things. What do you do with postpartum care to get home to tighten that up and make sure you guys are taken care of make sure mom stays out of postpartum depression by giving her aids to show her she's being helped. And that cheat you know, like, for instance, go home, you go home, sleep or the baby eats eat when the baby eats. hygiene when the baby has hygiene and dad will actually set up the hygiene stuff for mom, because when she's breastfeeding, she bleeds more it because oxytocin is coming down her uterus contracts back down the size, milk is coming out. So she needs to go clean up. And a lot of women when they're falling into postpartum, stop taking care of themselves, we all know that that's a big sign of depression in general. And so when we edge them there and show them lovingly and carefully, they take more care and they, they tend to stay out of that, that path of loneliness and falling into that, that depth of depression.



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Sure, sure. So are there any other topics that you're rocking dad class covers beyond the relationship

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so much so then I sneakily

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well, while I'm doing the relationship, I start throwing

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in little birthday thing, a reflex. Let's talk about reflex we talked about breastfeeding reflexes feeding cues and the lip tag, you know that babies are on reflex and when when guys understand the mechanics, it makes such a difference. So I start getting into the first month or two is going to be a lot of reflex driven survival for the baby. So If we can, we can really help with those, you know, aid those reflexes to kick in work, we have a much smoother journey. So what we talked about is, we talked about the birth plan and I teach the birth plan differently. I put it I don't like more than 10 bullet points, you know, you online, you see all these things about how you know, the room should be dim lit this down, like, no one cares, that doesn't matter in the hospital. You can just do that. Yeah, let's talk about what really matters, mobility being able to move around like a mammals does when they birth right mammals need to move around, being able to have that, that safe, sacred spot, even if it's not in your house. And we're surrounded by all this technocratic activity, right where we see we see all the bells and whistles and IV poles and this that we could throw up a plan on an IV pole, but it still doesn't make it to you know, holistic and humanistic, right? So we're trying to somehow merge those human humanistic, holistic things. So I teach guys how to make the room a little bit better and and recent pictures, bring some motivating things that they've gone through. They're leading the process. For their partner in ways that men have never done before, they're saying, okay, like, they'll make little signs, like, you know, every contraction brings us closer to holding our baby. You know what I mean? Things like that, you know, we're doing it's so cool. I get chills right now because it's so cool to see them go onto Pinterest and start looking up these motivating per se and making cards for the women to put on the on the wall. So they have motivators right there in the room and top of pictures of each other this is that it just kind of make it that space so mom can get into the oxytocin driven state where she can actually not have all those catecholamines pushing back, you know, I'm a good positive oxytocin. So we try and encourage that environment. So I teach them the birth plan, and and things they need to know about. So I teach them, you know, what, what dilation looks like. I mean, everything the full gamut, and then we go through like early labor, why early labor is difficult. I give them little exercises to do with



their partner. Like, I want you to look up all the different ways someone could catch your baby. Show your partner and ask What what what you know, will make sense to her what she might be interested in, so you can talk to your doctor. And they're like, we can do that. In monster like, I don't have to just get an epidural and lay on my back. Oh, you can be a human and move around and, and do what mammals do to get their baby out the right way. So we listen to our body and move with it. And when you see people going through these processes, you see this dynamic change in their relationship, because now the partner's doing something that was never expected from the dude that's sitting there watching football, thinking about boobs and beer, right? You know, instead, we've got dad off the bench on the field of pregnancy and labor and postpartum. And that's, that's what really excites me seeing that. And what's funny is on contrast to that, I actually teach a moms class to rocken moms. And that class has become very popular lately, but it's completely different.

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In that class, we talk about things that

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moms never talk about. postpartum depression, postpartum body. insecurities about breastfeeding all these things but on the other side, I'm getting these guys so like dialed in on on the strength to give their partner they're not going to run into a lot of that because they're going to feel so protected and loved.

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Okay, it's great to give them men strategies so that way they know how to better support their partner. What are some of the major concerns and most common concerns that dads can be have

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you know this and I noticed the first was when do we get have sex again?

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So I always say that's essentially

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like the big one. Like you guys, you'll get there, don't worry. But if you breastfeed, you'll get there a lot faster because the uterus goes back down to the safe size in six to eight weeks other than 12 to 15. Because we're getting all that oxytocin to the squeezing the contractions, right? And like, oh, we're breastfeeding for sure. So that's what about the next one is how are we



going to get sleep? So we think of strategic ways for mom and dad to be able to do that or mom and partner depending on when when partner's going back to work what's going on that way and you know, unfortunate paternity, for men is not a real thing here in the United States too often, we're now seeing it more and more. We have a company here now, USAA that's giving paternity leaves to the dads, which is fantastic. Shout out to them. And we're starting to see some other companies doing that. But we are so far behind our European friends. Now in that, and you see the difference. I used to work in I Tobin in the Netherlands for a little while. And like, all these families are out during the day with a little baby. What's going on here? Yeah. And they look so happy. Of course they do because they're able to cherish that first year with their baby, you know, together and get through those hard time really easily with the government helping them I mean, that would be a pretty sweet thing. Sure.

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So sex, sleep, getting time off from work. Those are all big concerns for dads have

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and what if my baby doesn't like me, believe it or not guys have that insecurity to what at the baby just likes mom's mom, breastfeed her like, impossible. You're going to bring the baby to mom. It gets your butt out of bed, and then you're going to take the baby back and change the baby's diaper. Well, mom's to eat her hygiene led by a little postpartum program for the first couple of days. Don't worry, you'll get plenty of baby time you know. And it's really funny because it's very misleading the marketing and formula groups back in the day where they're marketing on now dad can bond with the baby and feed the baby that's not how you feed a baby that's just a reflex of feeding that you know that that's how you bond with the baby that's just feeding in the you know a bottle mom's bond because their skin to skin there the baby's getting you know right there with her you know, beating from species specific milk. And we have and that when partner can get the baby partners on putting this other neurological connections and play and, and also skin to skin where we put the baby on. On dad's chests are known as kangaroo care. There are a lot of ways to pop with your baby and guys are finding Wow, this is real way cooler than we think it is. Somebody nowadays I see all these tough big guy. I was just said Mardi Gras parade in Louisiana this weekend in the children's parade. And, of course, right in Lake Charles, there are all these dads that look so tough with their big beards agenda. They're wearing a baby, you know, they're wearing a baby like armor. And it's just to me, that's just, that's just such a difference in what I saw 10 years ago, 15 years ago, you know, a lot of changes are coming up. And it's very exciting because we're, I think we're going to start seeing a trend in divorce rate possibly going in when people could cultivate relationships like this. I think they have more chance of longevity in the future. Because when people get pregnant, they don't realize there's like, not a low hanging fruit for intimacy and learning when she can get



pregnant it changes your conversations change. You're not looking at, you know what club you're going to or what hike you're gonna do, you're looking at what stroller you're gonna buy on car seat, and a lot of that fun intimacy thing, lose it. So you have to learn new ways. One thing that I do with my clients and I talked about in my book a little bit, but when I work one on one with people, I work one on one with people for birthing because I want to get to know the personalities too. I have like a whole section. That's hands on. On that I do it with partners like I make the partners learn how to eye gaze which is very uncomfortable for a lot of people it always starts off the first time with crying and laughing like there's never gonna be anything different. They look at each other and they're like, we've never done this before and I challenged them to think only positive thoughts about their relationship how they met that person what characterises they want their child to have of that of their partner? Well you know, the first kiss like all these things that could come up I'm getting emotional now talking about it because it's such an intense energy and they learn to do this and I assign them to do this after 30 weeks every day for a minute. I also have them slowdance 15 minutes three times a day, if they're my client, they're going to be doing that because that's a good labor position. Moms moms heads right here ever get hurt typically or vice versa and they can smell each other. There's a real primal physical, you know comfort zone that's right there so I have them do that three times a week. I have that dad learn how to do pain management techniques for mom midwifery stuff. Like hips squeezing counter pressure, because mom that's going to start hurting in the third trimester because all that relaxes coming in and everything's get loosey goosey, hit some nerves. So by having them be this real present force, helping their partner get pain relief, slow dancing with their partner achieving a greater intimacy and comfort zone because once they get past that crying, laughing phase, it feels very comfortable and safe. And that's just looking at me when mom's got a heart contraction. And she's really feeling a little bit maybe defeated, even though she's not we hit that great wall of doubt before the baby comes right,

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hit. So Mom, mom feels a little goofy.

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And when dad can just hold her hand and look at her and they can look at each other and get that connection that they learned to do. That's a safe sound. It's just a win. So I do a lot of techniques like that.

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And that's great to let dads know that they can support their mother not just physically but emotionally to the eyes, slow dancing and also physically to the massaging helping with chores around the house and other things. Of course, those are all great things that they can be doing. What are some of the things that dads or the partners can help the moms to prepare for birth?



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Well, one thing is the one thing that I always had two partners that I go, okay. We're going to discuss a little bit of the differences between boys and girls or between the pregnant mom and the partner. And one of the differences is that pregnant moms, this is not a mean blanket statement. They oftentimes don't tell the partners what they need, but they throw out a very vague, you're just not helping. And I'll walk into a lactation consult for instance, they just got home I may not know this couple because they just hired me to come in and look at the environment because I want to see environmentally what's going on. I'm looking at the shades I'm looking at lighting I'm looking at TVs on I'm looking at, is there a bottle by the sink, you know, what's dad doing? what's what's Is there someone else or what are they doing? So when he says this out, I oftentimes see dad's like, well Washing dishes or sweeping or something, and I've got everything going tomorrow because they want to talk a little bit. I just feel like he's not helping and he still doesn't understand. Like, I see him over there doing this once in a while he does that was he would you need like maybe the bathroom clean while he does that, okay, what's he not doing? Well, I just like him to pass the vacuum every once in a while. Did you tell him? She goes, No. And I'm like, well, you got to kind of learn to be direct because they have to understand, you know, when it printed the tunnel vision sets in, you know, and this fear of, is everything gonna go out of control? Am I gonna be able to handle my baby in my household? Am I gonna be able to feed my baby, there's so many anxieties and co it, that they they just get riddled in, like, blanket statements. And guys don't operate like that. You know that. I know that for sure. We need to know exactly what you need or else we're probably just going to miss them out every time because we're thinking other things. You know, we're thinking like how cute she looks or food or

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something. Get out. Great ask them to give some good specifics about things to help to do around the house. Are there other things they can do to help them practicing breathing, practicing? You mentioned pain control techniques?

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Absolutely. So the hip squeezing and stuff is a lot of pain control because during labor, I find myself doing a lot of that time upon the very crazy position. Yeah, we're just trying to make mom comfortable with counter pressures. And it takes a lot more than you think. The other thing that I teach them is positive speaking, like changing their language. We're not saying you can't we don't say oh god in my room, we say Oh, good. We don't say things like you know, it's just positive no no's it's always Yes, sir. Yeah. And when we're, you know, when when they're interacting, I like dad tip I tell the guys I'm like, Look, guys, some of you guys may not be very verbal guys. Some of you guys may be ya gotta get a little verbal because tangibility something



that's very big to women who are pregnant feeling insecure or sad or or scared. or whatever, you know, there's so much going on that's unknown, right that you're gonna fall into. So I tell them, they need to remind themselves mom's got a postpartum body coming on, her body's changed during pregnancy, she may gain weight, she may not feel comfortable, she may not feel as cute as she would, you'll have to tell her how beautiful she is, how much you love her how important it is to see her hold her baby to that you know, these things are such an important thing. And once they start going in their modeling at first mom's like, oh, whatever you're so full of it, but once it becomes real after you know and and and the repetition of it. And then you see what happens is you get a different types of energy for mom, and you get a different type of attitude and a more upbeat I also have them do gratitude journals. A lot of times I get a lot of people who they just don't even know what they stepped into and they don't know how lucky they are to be able to have a baby right? And and there's worried about everything else are picking it just stressing and looking for things to happen. I'm like, out of your control. Here's a book I want you to write down Every morning both you guys are gonna write one thing you have gratitude for, share it with each other. And that's it the next day do it. And in about a week, I start waking up a little happier. And I'm like, okay,

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they're thinking positive thoughts.

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Well, what do I really love today? That's a great way to start your day, you know. So just shifting some paradigm and getting people out of the negative teaching them how to make boundaries with people who are telling them negative, breastfeeding is going to hurt, your nipples are going to be torn up, your milk won't come in that you they were doing it wrong. So don't listen to their advice, get the right advice. It was puts you on the right track, we're human. If we didn't breastfeed, we'd have a bunch of dead babies, you know, years ago when there is no other option. And breastfeeding is a very good solid option. You know, for babies species specific milk, you can't get better than that. I've never seen an almond go after cow milk to feed its Baby, you know? So, if you know what I'm saying, but those are some of the things that we like to get into.

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I think that's great to help them prepare. What about during the birth process when the family packs up their belongings? They go to the hospital there Getting ready for birth. How can dad or partners help the mother during that time?

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This is great



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well, having your your stuff organized and get keeping really one of the most intramural parts about having a baby getting to the hospital at the right time, not too early. And we had a long history of increased this area and rates increase induction rates because people were going early and we were keeping people because we used to believe early labor was zero to three centimeters out of the zero to 10 that you have to go in 2011 a cog went ahead and changed that from zero to four note five notes zero to six over halfway as early labor so we start looking for some different sides and I have to add use apps to track some moms see some viability to what he's saying. Not just Oh, you're not there yet. Yeah. Oh, look, we're still need to pull them in a little closer or you know this, it says things like that. So so I think when dad when dads get to learn those things okay, we gotta go the hospital now we have bloody show. She's like, how do you know these things? One of the biggest things moms come to me they go, I had to come to your class because my husband came back knowing more than I do. Because I blast them. I teach them so much. Most guys take six to 10 pages of notes. And the books like the class on steroids. I pulled Kirsten Bruner, my co author on with me, I wrote the book, and I got the deal. And then I'm like, Kirsten, wait, you have to do this with me now and, and and i she just because I've worked with her for so long. I don't know if you're familiar with her shouts baby parents. in Austin. She works with people getting ready for babies and she's a postpartum specialist. She spoke at PPI in a Parnham International. She's just amazing. She's so dynamic and I love her. Well, Kirsten brought this other aspects of the book that even has more counseling aspects. So she counselors corner in there. We have she has some really good exercises for people to do and I'm into the exercises so I love that she brought some new ones to the table. It's just there's there's a lot I think we're changing things because still look at all the other information out there. And it's good fun information. But that's not how it really rolls in here, you got it. This is the way that really rolls. There's no lying in here. The truth is out there, and it's right there in for people. And I think I think that was one of the biggest things that I want to do. I wanted to see a change in, in birth being the president, you know, predominantly a female space, because it's a human space. It's the very thing that connects us all, you know, internationally, we're all connected by birth. You know, we all have babies. And we all we all know how to smile. We all know how to wave. And we all know how to have babies, you know? And that's what connects us as humans around we start families. So I like seeing the change that I'm seeing. It's very positive.

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Then coming back to what's actually happening in the hospital then how can the Father help the mother during that time through breathing exercises, helping keeping them calm? If they're anxious? Yes. Suggestions you'd have for them.



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There's a few things like I said First I'd like to start off with we get in the room and let's get the room personalized a little bit some so maybe you bring up you know one of the diffusers so you have your your let me get rid of this thing here so you have your you know your sense in there smelling good lavender or something and I have them bring a couple of yoga mats to lay out next choices and space to get on the floor. A lot of moms feel comfortable grounded when they're when they're in labor, especially when they start getting into into their more primal state or they get into this primal state and everybody's kind of like a new dimension and it's almost like they'll look at you like they're looking through a glass at some points you know, because they're just so focused. They'll look at you and non verbally communicate that's why I think the eye gauging support. I had dads learn combat breathing or alkaline breathing and they love it I say combat and they get all fired up, you know

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alkaline breathing too, you know. So

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those I combat breathing and so when they do that they pay look we can do this thing and they go teach her how to take four seconds in In eight seconds out, let's come down. And it's really cool like seeing them, seeing them excited because they know they have something they can bring to the table. And they know it makes her happy. Because it's all about the action that the partner the man puts into it for mom. And as much as as people think, Oh, well, mom just needs a woman in there and a midwife and bla bla bla, no, she needs her partner. I'm not even saying like, for me, I'm good at what I do. But I don't think I mean, I'm just kind of the one helping keep the space and help him be the person I want the partner to be that involved person because I'm not going home with them. They have to wake up and do this together. And they have to continue the fights because it's, it's ongoing. My kids are 10 and 15. And there's always something you know, so it starts from the minute your pregnant, your responsibility as a parent. So it's nice to get in that mode and be levels tools. The other thing is I like I like teaching the partners or the dads to be a good advocate but Do it in a peaceful non combative way. And that starts before you get a hospital. That starts by making sure your doctors on board with what you want. Because if your doctors not, or if they won't do what you want to even try, like a bedroom birth after cesarean or there's a doctor who does, and there's someone who may be a little more holistic or if you just want to go and get your epidural, send your baby to the nursery at noon. There are doctors for that or schedule your C section. There's someone for everyone. I'm not saying anybody's doing it wrong,

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not my place to judge.



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I try and stay in a very non judgmental space. Give all the information I can let people take the information they want and then they go about their birth the way they want to. And that usually translates into dads doing those comfort measures. Breathing is a little tough. I tell dads don't tell mom breathe because she's gonna punch you. What you do is, is you look at her and you refocus or grab her hands. You know, you place your hands there's a lot of touch in in birth and people go don't dads freak out because you're in there and you know, mom's getting naked. Sometimes I know. I'm there as a professional You know, who's helping them get what they want or as close to it as possible whether we're in the the OR or in the labor and delivery,

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you know, in the OR the dads

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are so excited because they know that when I'm with them that we're probably gonna latch that baby in the or we do gentle Syrian. And and so what we do is we get the baby in skin to skin the baby in the old,

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why not? Next thing you know, babies on mom and mom feels

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like she got something that she didn't get to have by not being able to push her baby out. We have mom actually push, okay, they're doctors, the doctors know me. So they're like, okay, Brian, get it ready. Okay, babies come in, you got to push a little bit. So I think they feel like they're involved with that. Because that you have to understand we take a picture of the baby before they take the baby to get checked, because they take the baby to a warmer in the OR. And I take a picture and hold that picture up for mom so that they're strictly there's a picture on like, you know, where he's like, okay, there's our baby. So, as a mammal that mammals aren't used to having their babies taken from them. We don't even put babies in the warmer in the room unless there's a problem. Baby stay right on mom's chest for they're supposed to be known if we really did it right. We let the baby crawl up and do the breast crawl. You know, where they end up right here. So the dads learn these things, and they're so enthused, but it has to happen

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because they want it like that. Now, you know, it's so great seeing the enthusiasm



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and just that enthusiasm alone takes the stress level mom up here going I've never done this before for first time, Mom, I'm scared. What's gonna

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happen? How

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am I gonna push? What am I gonna do? And then they start calming down because dad's got all this under control. Don't worry, baby, we're pushing. We're gonna do this. You know, for doing directed pushing. We'll do like that. If you're on hands and knees. I'm going to be right here holding your hand and we're going to people to do this and see our baby come out. together. You know, it's it's such chills again, like, I can't fake this. I love it so much it out. It's exciting.

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That's great. That's great. And then um, can you give some advice for dads after the birth after their child's been born? They're heading home. How can they best support the mother and the baby During that time,

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I'm going to give you my biggest tip that I give people.

30:03

This is the three part thing I touched on earlier. Sleep when the baby sleeps, when you get home, you're exhausted, especially if you have an epidural in this area because you're in the hospital over 24 hours, usually two to four days. And this is what happens every 20 minutes. You're ready. It's a you have to be the coma to sleep at ospital basically, right? So what we what I tell them is when he got home, make sure to have some blackout shades wherever the baby is going to sleep. You know, that's an important thing, not just for during the day, but for night because we want to make sure we kick in circadian rhythm. But whenever the baby sleeps during the day, you set your alarm for two and a half hours max to wake up and you guys go to sleep or lay down, be quiet. Nothing needs to be done. Sleep. So then the alarm wakes you up or the baby wakes you up. And then this is where it's really important. Partner says babe, I'm going to go with the baby. I love you so much. You look so great. I can't believe you've been here, baby. You're doing amazing. I'll be right back. Go gets the baby. She's got a little pep talk right? comes back with a baby. I like baby out of the Lindsay and only a diaper. So babies. newborns need to feel a little insecure to get on there and find their security. They route a lot



better and they get on a little better when they're not super comfortable. They're not lazy. They're going Oh God, I got to eat something. And so we put we had baby to mom. Why does that he strokes mom's neck, because mom's in love because that's oxytocin, the whole mechanism for making a baby having a baby and feeding a baby. That's oxytocin. I have it on my arm right there. And love you can see that on there. The other one, I don't think I could change careers I got a stork on this arm. And so you know, they you know they get her in that zone, which is perfect for breastfeeding. So mom gets her baby last ones babies last she says I'll see in a minute. Now dad goes over to the kitchen or partner. They have I suggest for them to have some foods main or little snacks that are ready. We're not having a full meal but we're gonna have a snack grabs and prepare. Something brings it connected success to mom feeding mom feeding himself to having a family meal. So mostly taken care of nourished something yummy, right like that makes us feel good. And then it says I'll be right back sweetheart, you look great. I love you so much. I'll be right back after you're done with the other side. I'm going to birth the baby while you take care of some stuff. Hold on. Let's the kitchen cleans up the mess paper plates, plastic forks and knives. Make it easy on yourself. And then you go you go by mom, tell her she's doing awesome. Go to the bathroom. lay out all of her stuff for hygiene. She's done with baby you burp the baby go bed go take care of your stuff. So we can meet us over here before baby goes down again and we go back to it. So you know you go take care of the baby, please. Do you see what I'm saying? That makes it conducive for a very good schedule for people to feel comfortable. You don't have intrusive people there and I tell people if you're going to have grandparents or someone there to

32:51

help you.

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They have to learn your routine. Oftentimes people getting grandma's routine, or grandma's will start holding the baby while the baby's sleeping. And then when grandma goes to sleep at night,

33:02

the baby doesn't want to sleep.

33:03

Unless you're holding the baby. And if you're tired and you just had a baby, you're trying to hold the baby up for hour. So you guys can both sleep you're gonna drop a baby or fall on a baby not safe. So we have to we have to do the good habit routines first. And then we have people shadow you, and then they get hands on. So then we gets started eliminating dad for having to get out maybe grandma brings a baby to both the guys she maybe doesn't food that feeds Mom, you don't I mean, we start working from there, but we started off a good routine.



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The other thing I would say is poor,

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poorly establishing circadian rhythm,

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where people will go on a baby, she's not sleeping at night.

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Well, they're feeding the baby. They're going and they take the baby change the baby. You know, doing all the baby fun stuff. At 7:30pm till 7:30am it is all business no googoo Gaga, we feed the baby, change the baby swaddle the baby. Good night, in a quiet room with the blackout shades, no TV on during the day I don't care what noise is on at night different story, you go to the other room to do your socialization to you know and you're socializing and watching TV and do whatever you do the dishes.

34:16

But in that bedroom, it's dim lights. It's quiet feed the baby changed the baby. swaddle the baby. Oh, by.

34:22

So those are some some big tips I could say really make a difference.

34:26

It's hard because the babies are cute. They sucker you into play.

34:30

Here. Sure. Well, thanks so much. You shared a lot of great advice with us. And I think especially your message to empower dads to help them be more involved to help them build their relationship with the mother help them during pregnancy during the birth process, and afterwards. You really have a lot of great information to share. Is there any other general comments or suggestions you want to make?

34:55

I want to thank you and all of your audience for having me from when I thought this was great. I'd love to share it on my Facebook. So just email me some links and I've got a pretty diverse group of people that follow me all over the world. And oh my Internet's I'll definitely put that up.



And I want to see just you know, visit visit the book, website, birthguidebook.com You visit me at birth guide, calm, you can look at rocking dance program, I have an online program, rockingdads.com, which is is out there. And I can actually if you'd like, I can make a discount code for 50% off for your viewers, and I'll give it to you so you can put it up with with the episode. I'd love to do that. I'll send that to you, Dr.

35:36

Great. Well, thank you so much. I really appreciate your sharing all your information, Brian, and sharing it with all the dads to be

35:43

Ah, I wish I could talk for hours. So thank you for having me. And I hope that helps.

35:49

Thank you very much.

