

First Time Dad Advice - Tips For New Dads Before The Baby Is Born | Dad University

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SUMMARY

The video provides essential tips for first-time dads to navigate the pregnancy period effectively. It emphasizes the importance of being present, supportive, and patient as they prepare for the arrival of their baby.

- *Focus on the pregnancy experience rather than worrying about the baby until later in the term.*
- *Practice gratitude for the opportunity to have a child and recognize the physical challenges faced by the mother.*
- *Avoid questioning or dismissing the mother's cravings; support her dietary needs.*
- *Be prepared for emotional mood swings due to hormonal changes and don't take them personally.*
- *Exercise patience as the due date approaches; it's a natural part of the process.*
- *Remember that many people have successfully navigated parenthood before you, and you are capable of doing the same.*
- *Engage with the community by sharing concerns or questions in the comments for further support.*

you're freaking out you just found out you're gonna be a father so you go online you're gonna watch some videos you're gonna see what this little thing called fatherhood is all about not to worry I got ya in this video we're going over tips for first-time dads we're focusing on what to do before the baby is born we release videos each

week so be sure to hit the subscribe button so you don't miss anything you know until I had my first child I had maybe held a baby twice in my life I think one time each when each of my sister's had their first child I knew nothing I was scared I didn't even know how to relate to kids let alone how to take care of a baby however even all that wasn't as foreign to me as pregnancy I had no idea what my

wife was about to experience nor what I would experience alongside her so for this video I put together some advice tips for new dads so that you can survive the pregnancy so tip number one very important focus on the pregnancy and not the baby so the baby isn't here yet so focus on the now and focus on what's going on with your wife or girlfriend or whoever is having your

baby you've got nine months to deal with before the baby arrives so don't be jumping ahead and worrying about the baby yet maybe wait until month seven or eight to start worrying about the baby for now be present number two feel and practice gratitude the fact that you can have a baby is incredible there are so many people that don't get that opportunity so understand that you are lucky come here also

realize that she's the one that has to go through this physically you don't yes you have to deal with many things but there's a reason why women are the ones that have babies I'm not so sure that men would be up for the task I'm just just saying number three don't question her cravings or have it yeah she might want pickles to eat at every single meal or she might not be able to stand the

smell of vanilla it can be that random just get her what she wants she's carrying your baby remember number four be prepared for mood swings now she might cry at the sight of the male being delivered or she may yell at you because the chicken wasn't prepared exactly as she wants hormones can cause some really strange things to happen don't take it personally just be prepared for some

weird things to happen and let it go you won't win this one number five be patient I know this one's easier said than done but you might be finding yourself very anxious for the baby to arrive I get it I'm impatient the last two months of pregnancy for me were really hard because I was impatient I wanted that baby to arrive but you know what unfortunately you can't control it so

just remember to be patient and focus on the present moment and finally number six know that you can do this millions of people have had babies in the past and many of them were probably less equipped to do so than you that was supposed to make you feel better but the truth is everything will be okay you're looking at videos like this which is an indication that you're learning and wanting to be a better father keep

that effort up it's important that we learn throughout the entire parent ding journey dad University will be here every step of the way we want to know what are some of the things that you're concerned or worried about with having a child put your feedback or questions in the comment section below and we'll be sure to respond also if you enjoyed this video please give us a thumbs up and subscribe to the channel we make new

videos for you every week we'll see you next time you