

# HOW TO PAMPER YOUR PREGNANT WIFE

by

Ron Schultz and Sam Schultz

RESOURCE *Publications* • Eugene, Oregon

Resource Publications  
A division of Wipf and Stock Publishers  
199 W 8th Ave, Suite 3  
Eugene, OR 97401

How to Pamper Your Pregnant Wife  
By Schultz, Ron and Schultz, Sam  
Copyright © 1996 by Schultz, Ron All rights reserved.  
Softcover ISBN-13: 978-1-5326-9593-3  
Hardcover ISBN-13: 978-1-5326-9594-0  
eBook ISBN-13: 978-1-5326-9595-7  
Publication date 6/11/2020  
Previously published by Meadowbrook Press, 1996

# ACKNOWLEDGEMENTS

**W**e would like to thank the following people for their help in preparing this book: Dr. Stephen V. Lieb, Tara Fellner, Laura Sanderford, Marvin Klotz, Peggy Aylsworth, Christie Romero, and the editorial staff at Meadowbrook Press, especially Bruce Lansky who knew we had something with this book. A special thanks to all the pregnant husbands and wives who so willingly told us their honest and often intimate stories about their pregnancies.

This book is dedicated to  
soon-to-be fathers, everywhere.

May you find the same joy  
we have found in our children.



# TABLE OF CONTENTS

<b>Introduction</b> .....	<b>3</b>
<b>What Is Pampering?</b> .....	<b>5</b>
<b>First Trimester</b> .....	<b>9</b>
Discovering You're Pregnant .....	9
Outlasting Morning Sickness.....	10
Will Life Ever Be the Same? .....	12
What Happened to My Waistline?.....	16
Weathering the Sudden Mood Shifts, or— Yes, Dear, I'm with You All the Way .....	17
Changing Lifestyles .....	18
An Unmentionable—Miscarriage .....	22
More Changes .....	23
To Read or Not to Read? Buying Pregnancy Books .....	25
Eating Properly .....	26
Talking to the Baby .....	28
Sex and the Pregnant Wife .....	29
Congratulations! You've Made It through the First Trimester.....	31
Keeping Her Happy.....	33
<b>Second Trimester</b> .....	<b>35</b>
Say Good-Bye to Morning Sickness .....	35
You're Not Fat, You're Pregnant.....	36
What to Wear? .....	39
Helping Her through the Amniocentesis .....	40
In-Laws Don't Have to Be Out-Laws .....	43
Telling the World You're Pregnant.....	45
Folklore Is for Reading— Not Necessarily for Following.....	46
Some Of Our Favorite Superstitions about Pregnancy .....	47
Yesterday and Today .....	48
Naming the Baby .....	49

More Sex and the Pregnant Wife.....	52
No, That's Not a Stretch Mark!.....	56
Exercising Your Pregnant Wife.....	58
The Grazing Goes On.....	60
You Deserve to Feel Good about Yourself .....	61
Keeping Her Happy.....	62

**Third Trimester ..... 65**

Of Course, I Still Love You.....	65
Building the Nest... Again.....	66
Do Your Shopping Early .....	68
Getting Ready for the Birth—	
Take a Cleansing Breath .....	70
Checking Out the Hospital .....	73
Still More Sex and the Pregnant Wife.....	75
Getting Ready for the Trip to the Hospital.....	76
The Birthing Choice—Whose Decision Is It?.....	77
Discussing Hospital Procedures with Your OB/GYN.....	80
The Last Weeks .....	81
Learning How Far You Can Go from Your Wife.....	83
Traveling Away from Home.....	85
Soothing the Anxious Wife.....	86
More Superstitions.....	87
The Night Before .....	88
Timing Contractions.....	89
Delivery Dad's Obligations .....	90
What's Been Going On inside Your Wife's Body	
during the Third Trimester? .....	92
Checking into the Hospital .....	93
Getting into Your Room .....	93
So, What's Happening to My Wife .....	96
Keeping Her Happy.....	98
You Made It, Didn't You? .....	99

**Letter from a Pampered Wife (Ron's)..... 100**

**Bibliography ..... 101**

# I N T R O D U C T I O N

**S**o, she's pregnant. Congratulations! A baby, a tike, an heir apparent. Welcome to the club, Dad! Now you've got nine full months, or so, to focus on making the leap from that free-spirited attitude you had before attaining fatherhood (when you were able to do what you wanted when you wanted) to being a caring, loving, responsible father. Really, though, you're going to be fine. And if you follow the helpful advice in this book, so, too, will your wife.

Why? Because *How to Pamper Your Pregnant Wife* is about relationships and feelings—*not* about overburdening clinical information that can make pregnancy seem too clinical. Nonetheless, we will do our best to make you cognizant of what you should be aware and why. You'll also find here some pertinent medical and scientific facts (in capsulized form) obtained from pediatricians, obstetricians/gynecologists (OB/GYNs), and psychologists. And we'll include a smattering of homespun suggestions garnered through interviews, research, and actual experiences that relate to what a man gets into after his wife gets pregnant.

We don't pretend to speak as professionals—we speak from a layman's point of view, and as once-concerned pregnant fathers ourselves, who realize it takes two to tango, and who know there's an easy and most rewarding way to finish the dance.

Actually, a lot of the things we'll cover come intuitively to soon-to-be fathers. We hope the information in this book will help bring out your instinctive nature and help you discover what, in many cases, you already know. And we hope to do it with compassion. You'll find that this book is filled

## 4 INTRODUCTION

with advice, rules, suggestions, guidelines, buzzwords (loving words to say to her), and other relevant and comforting information. All of these thoughts were volunteered by fellow fathers who supported and pampered their wives through the heart-felt wonders and perils of pregnancy. We also conducted dozens of interviews with pregnant wives, doctors, lawyers, therapists, mothers-in-law, mothers, marriage and family counselors, and even children who remember events that led up to the birth of their siblings. Their feelings, experiences, and expertise will also be reflected in this book.

# WHAT IS PAMPERING?

**P**ampering is more than just hugging and kissing. That's not enough for a pregnant wife. She needs and deserves a lot more, and only you can provide it. Pampering is consideration—showing you care in little ways, such as going with her for check-ups, not always, but once in a while. Pampering is support—for example, listening, not answering, when she might be scared or demanding. Pampering is love—the connection that brought you two here in the first place.

Now, onward into the fray. Remember, your wife can't get any more pregnant than she already is. And you can't overdo showering her with consideration, support, and love.

To help you along, the first thing you must come to terms with, Dad, is that contrary to any of the physical laws and forces of nature you may have heard about, you're pregnant, too! Before you take exception to that remark, consider this— isn't it true that today's fathers, like you, are more sensitive, caring men? True. They're more understanding and sympathetic toward their wives during pregnancy? True. They find themselves wanting to become more intently and intimately involved in every aspect of the pregnancy? True. So since you're going through what she's going through, **YOU'RE PREGNANT, TOO!** True? True!

No need to panic. No need to feel defensive. Yours is not an isolated case. This year alone there will be nearly 30 million pregnant fathers in India, 19 million pregnant fathers in China, 6 million pregnant fathers in the former Soviet Union, and 4 million pregnant fathers in the USA. According to Britannica World Data, this year there will be more than 145 million pregnant fathers worldwide. That's more fathers than play soccer,

basketball, pool, football, cricket, baseball, golf, and bocci combined. Well, maybe not bocci. To give you a better idea of how many pregnant fathers there are every year, here's a bit of interesting trivia—every four seconds, every day of the year, somewhere in this world, a woman gives birth to a baby.

But don't think that makes your pregnancy any less unique. For you and yours it is and could be a very special celebration—if you choose to make it that way.

What you will find in the pages to come, then, is a trimester-by-trimester crash course in pregnant relations (trimesters are the basic three-month periods by which a human pregnancy is divided). If you thought getting married required some adjustment on your part, well, be prepared to readjust some more. This is not to imply you won't love being pregnant with your wife. The popular consensus, according to 99.6 percent of the pregnant fathers we interviewed, is that having a baby is one of the most rewarding and gratifying experiences of their lives. Really! Getting there, however, may mean that you will have to throw many of your typically male preconceptions of logical adult behavior out the window. Logic has no place in the baby-making game—it didn't at the time of conception, and you shouldn't expect it now.

It's common knowledge that pregnant fathers often experience a myriad of anxieties, doubts, and apprehensions. Not unusual. That's a positive sign that changes are about to take place. Anxiety is up, energy is down, and any logical thinking man with an iota of sensitivity coursing through his veins will realize that compromise and understanding must now become the order of the day. That's not easy for some men to accept. But you can accept this: it's not unmanly to exhibit delight at the prospect of becoming a father. What's more, your delight will certainly reassure your wife that you're as excited about the pregnancy as she is.

Now, you may have heard all those "good buddy" remarks

about how you'll just have to suffer through it. Not true! We're going to show you the joy in this process, and in so doing, we're going to also help you appreciate your wife's pregnancy. After all, she will, in all probability, suffer far more than you will. Trust us, she'll need lots of pampering.

You see, up until that potent "moment of truth," when the two of you took a dive into the gene pool, your wife probably functioned at her normal hormonal balance. Now, it's a whole new ball game. Within hours of your fateful coupling, millions of little hormone hotrods poured out into her system. Their job is to create a new chemical balance in your wife's system. Of course, this new body chemistry initially creates a chemical and emotional imbalance inside your wife that roller coasters her moods from high to low in a matter of seconds. All pregnant women experience it. It goes with the territory. Your wife can be laughing one moment and crying the next moment. Those hormones affect your wife's sex drive as well as her behavior. They can also affect her energy, leaving her completely exhausted or uncommonly energized at day's end. The main culprits are estrogen and progesterone: They bombard your wife's body in greater quantities than ever before. But the good thing about those ever-present fluctuating-in-intensity creatures is that they prime your wife's body to sustain the delicate fetus.

You may need a lot of understanding to be able to cope with your wife's hormonal mood swings, but the end result is worth every anxious moment you may experience. So the next time your wife goes through one of her emotional swings, what could be nicer than holding her, stroking her, and making sure she knows that you understand the upheaval that's going on inside her? If you can do that, you can help make this pregnancy a truly remarkable experience for both of you. Your wife will appreciate your pampering.