

## THOUGHTS ON HOW TO HELP THE EXPECTANT MOTHER

### *What to Say to the mother of your child*

Guys, if you are reading this article you most likely have been told by your girlfriend that she is pregnant. Hopefully the words that came out of your mouth were positive, uplifting and loving and not words that were laced with the tone of confusion, dismay, fear and “now what?”

If you said things you did not mean or words that were taken out of context and you started off on the wrong foot upon hearing the news, there is hope for a full recovery and getting back in her good graces.

The thoughts and opinions listed below on what is beneficial to say when in circumstances such as this are taken from a variety of resources and comments from women. Consider these helpful tips and use them to help you and the mother of your child have the best possible relationship between the three of you.

Helpful tip:

If you haven't done this already, put most of your focus on her, not you and what you think. Always listen to her and respond appropriately. Guys, just rein in your impulse to go on and on. Now to get down to the reality of your responsibility as a partner.

### *How to effectively support and respond to the mother of your child*

#### *Be available*

*In any relationship or partnership, honest, and open communication is very important. You need to be available to listen, comfort, and discuss whatever needs to be talked about. Don't just listen and discuss with your mind, make sure your heart is involved!*

#### *Respond positively.*

*If at all possible respond positively. If something needs to be said that is negative, say it in a calm manner and remember not to attack your partner in the discussion.*

#### *Be honest*

*When getting ready to have a discussion that is of a serious nature it is normal to feel scared, agitated, uneasy or to get ready to be on the defense. Try to resist those feelings. If not, your discussion may end in disaster. To avoid those feelings and a negative end result, be honest in your discussion. Tell the truth in all you say and do it in love and consideration for your partner.*

### *Look to each other for help*

*Neither of you have all the answers. When discussing something, rely on each other's strengths in the particular discussion you are having and put pride aside and rely on your partner's strengths. Don't be afraid to ask her if she needs help with anything or to make specific offers to help. For example, you might offer to help with cleaning, finding a good doctor, or running to the store to pick up the one food that won't make her feel sick. But remember to read her cues, and make sure you're not being overbearing.*

### *Set up a support system*

*Have a few friends who are well grounded in their faith and have a stable marriage that you can go to for advice and opinions. Listen to what they say, consider it, and if it is an appropriate suggestion for the concern you are having, apply it to your situation. However, when discussing problems with others don't just ask someone who will be on your side and give you answers you want to hear. Find people that are honest and will tell you the truth even if it is negative toward your way of thinking. And for them to be accurate with their opinions they will have to listen to both sides of the issue.*

### *Do not attack your spouse/partner personally*

*Stick to the issues you are discussing. Don't attack your spouse/partner personally or bring up issues that do not have anything to do with the problem. STICK to the issue at hand and discuss one issue at a time!*

### *When the discussion is over*

*It will be difficult sometimes but make every effort to put any negative feelings or hurts behind you when the discussion is finished. From personal experience I have learned that you only harm yourself when you don't let go of any negative feelings, resentments, hurts or pains that you are feeling toward your spouse if the discussion ends badly. You may need to agree to disagree, put off finishing the discussion to a later date or just need time to cool off, pray and or consider what your spouse has said.*

### *Don't be discouraged or want to give up*

*Society promotes the idea that when problems happen to you it is the other person's fault, you don't deserve to be treated that way, you deserve better, and that if your spouse does not appreciate you need to find someone who will. Not true! Unless you have done all you could, tried all there is to try, been open and honest and not selfish it is not time to give up. If you found the person you truly love, made the commitment to spending your life together and is the parent of your children that is the person for you. And you need to remember that no one is perfect, and if you go out and try to find that perfect one you will be greatly disappointed because they are not out there. Your love, commitment to God's*

*directions on relationships, honesty, and desire to make it work will carry you through any and all hardships you encounter.*

### *Tell her she is beautiful*

*She may be feeling physically, spiritually, and emotionally drained with this pregnancy. Take the time to reassure her of her beauty, both inside and out, especially when morning sickness might make her feel otherwise.*

### *Help her recharge and relax*

*Your friend may be fearful that her life is "over," so help her see it's okay—good, actually—to still focus on herself sometimes. Even though she is a mother, she will still continue to be a woman, so affirm that it's healthy and important to take care of herself—not only physically, but emotionally, as well.*

### *Encourage her*

*Society tends to focus on ways that an unexpected pregnancy can be challenging. Encourage her, especially on the days when she is being attacked by society telling her abortion is OK, or her friends may be negative toward her, and she is feeling sick or tired all the time. Remind her that all these things will pass. Words of encouragement are very important and uplifting.*