Mamavela

The Partner's Guide

Pregnancy, birth and the first year for dads, co-mothers and partners: your leave, your jobs, the warning signs and your own mind.



Free sample

For the personal use of the buyer and their family; sharing or reselling is not allowed. This book informs and does not replace medical advice. Questions: administration@lacangel.fr

Contents

Welcome: you are not a spectator 3

- What this book is, and what it is not 3
- How to use this book 4
- A note on words 4
- Your numbers card 4

Chapter 1. What is happening, trimester by trimester 5

- First trimester: weeks 1 to 13 5
- Second trimester: weeks 14 to 27 6
- Third trimester: weeks 28 to 40 and beyond 6

Welcome: you are not a spectator

A positive test changes two lives on the same day, but only one body. That simple fact leaves many partners in a strange place: deeply involved, often thrilled, sometimes scared, and quietly unsure of what their job actually is. Friends make jokes about "just being there". Pregnancy books talk to the person who is pregnant and give the partner a box on page 300. Employers assume the partner will be back at work on Monday.

This book is written for you, the partner. Dads, co-mothers, non-birthing mums, co-parents and the person who will be at the birth as main support: if you will share the work of the coming months and the first year, these pages are for you.

It does four things.

First, it tells you what is happening, trimester by trimester, in plain words, so that you understand appointments, scans and the changes your partner goes through.

Second, it gives you the rules that affect you directly, as they stand in October 2026: your leave and pay in the United States and the United Kingdom, your right to attend appointments, birth registration, and where to get help for your own mental health. Every rule, number and amount comes from an official source (GOV.UK, the US Department of Labor, the NHS, the CDC, the American Academy of Pediatrics) or from a peer-reviewed study, all listed in the bibliography.

Third, it gives you jobs. Not vague advice like "be supportive", but concrete tasks you can own: the car seat, the visitors, the night shift, the paperwork, the warning signs to watch for after the birth.

Fourth, it gives you pages to fill in: a leave plan, a birth-day checklist, a night-shift rota, a "who does what" sheet, and a list of numbers to keep on your phone.

What this book is, and what it is not

This book is information, not medical or legal advice. It does not replace the midwife, obstetrician, family doctor, pediatrician, health visitor or your employer's HR department. It contains no medicine doses and makes no promises. Where a rule depends on your state, your employer or your contract, it says so and tells you where to check.

> **Rules change.**
>
> Leave rights, pay rates and phone numbers in this book were checked on official websites on 21 October 2026. Before you sign or claim anything, open the official page named in the text: it will always be more current than any printed book.

How to use this book

You do not need to read it in order.

- **Just found out?** Read Chapters 1 and 2, then fill in the leave plan in Chapter 5 before you tell your employer.
- **Third trimester?** Chapters 6 and 7, then pack your own bag from the list in Chapter 16.
- **Baby already here?** Chapters 8 to 11. Put the warning signs from Chapter 10 on the fridge today.
- **Back at work or about to be?** Chapters 12 and 13.

A note on words

Health bodies use different words for the person who is pregnant: woman, mother, pregnant person, birthing parent. In this book we mostly say "your partner" for her or them, and "you" for the reader. When a rule only applies to fathers in law, we say so. US and UK words differ too:

United States	United Kingdom	What it means
OB-GYN, obstetric provider	Midwife, obstetrician	Professionals who look after the pregnancy and birth
Pediatrician	GP, health visitor	Professionals who check your baby after the birth
Prenatal visit	Antenatal appointment	A pregnancy check-up
Labor and delivery unit	Labour ward, maternity unit	Where most births happen
911	999 (or 112)	Emergency number
988	Samaritans 116 123, NHS 111	Help when you or your partner are struggling

Your numbers card

Fill this in now and save every number in your phone under one group called "Baby".

Who	Name	Number
Emergency	911 (US) / 999 (UK)	
Labor unit or maternity triage		
Midwife or OB-GYN office		
Pediatrician or GP		
Your partner's workplace contact		
Your own manager or HR		
Back-up driver		
Person who will look after older children or pets		

Chapter 1. What is happening, trimester by trimester

A pregnancy lasts about 40 weeks, counted from the first day of the last menstrual period, not from conception. That is why your partner may be "6 weeks pregnant" two weeks after a missed period. The weeks are grouped into three trimesters. You will hear the week number at every appointment: learn to use it, it is the common language of everyone involved.

First trimester: weeks 1 to 13

What your partner may feel: tiredness that arrives like a wall, nausea at any time of day, sore breasts, needing to pee more often, strong reactions to smells, and a mix of joy and worry. Many people keep the news private during these weeks. None of this is visible from the outside, which is exactly why partners underestimate it.

What usually happens:

- A first appointment to confirm the pregnancy, take a history and plan care.
- A dating scan, usually in the first trimester, which estimates the due date.
- An offer of screening tests. Every test is a choice. You can help by reading the leaflets together and writing down questions.

Your jobs in the first trimester

- ☐ Take over the jobs that trigger nausea: cooking smells, the bins, the litter tray, the fridge.
- ☐ Ask which appointments your partner would like you to attend, and book the time off now.
- ☐ Read the screening information before the appointment, not in the waiting room.
- ☐ Agree together who you tell, and when. It is your partner's body: the final word on timing is hers.
- ☐ Start the leave plan in Chapter 5. Some notice periods run from early in the pregnancy.
- ☐ Look after your own sleep, food and alcohol intake. You will both need your energy later.

> **Is this normal? Feeling nothing, or feeling scared.**
>
> Very common. Many partners say the pregnancy only felt real at the first scan, or when they first felt the baby kick. Others feel anxious from day one, about money, about the birth, about being a good parent. Neither means anything is wrong with you. Talk about it with someone you trust, and see Chapter 11 if worry starts to take over.

Second trimester: weeks 14 to 27

For many people this is the easier stretch: nausea often fades, energy comes back, the bump becomes visible. Around the middle of the pregnancy there is usually a detailed anatomy scan. Somewhere in this trimester your partner will start feeling the baby move; you may feel kicks from outside a few weeks later.

Your jobs in the second trimester

- ☐ Go to the anatomy scan if you can. It is often the appointment partners remember most.
- ☐ Start the practical list in Chapter 6: car seat, sleep space, budget.
- ☐ Look into antenatal or childbirth classes together, and book early: popular sessions fill up.
- ☐ Tell your employer about your leave plans in writing, following the rules in Chapter 5.
- ☐ Learn the warning signs in pregnancy (below) and save the number of the maternity triage line.

Third trimester: weeks 28 to 40 and beyond

The bump grows, sleep gets harder, breathlessness and heartburn are common, and appointments become more frequent. Your partner may feel impatient, uncomfortable, excited and anxious, sometimes in the same hour.

Your jobs in the third trimester

- ☐ Fit the car seat and practise taking it in and out (Chapter 6).
- ☐ Pack your own bag (Chapter 16) and keep the car fuelled or the taxi number ready.
- ☐ Learn the signs of labour and when to call (Chapter 7).
- ☐ Read the birth preferences together so you can speak up for them if needed.
- ☐ Plan the first two weeks at home: meals, visitors, night shifts (Chapter 8).
- ☐ Agree a "baby is coming" message and who sends it, so your phone is not the first thing you look after.

> **Call the maternity unit, the labor and delivery unit or your provider straight away**
>
> if your partner notices the baby moving less than usual, has vaginal bleeding, or her waters break (NHS). The CDC also lists urgent warning signs during pregnancy and up to a year after the birth, including a headache that will not go away or gets worse, changes in vision, trouble breathing, chest pain or a fast-beating heart, and severe belly pain that does not go away. In an emergency, call 911 in the United States or 999 in the United Kingdom.

End of the sample

Thank you for reading this far. We hope these first pages already feel useful, and that you can see how the rest of the book is built: clear steps, pages to fill in, sources you can check.

The full book has 36 pages.

Get it here: https://mamavela.com/

One-time payment, instant PDF.