



PREGNANT CHICK USER GUIDE #3:

Partners — What You Can Do To Help (Or At Least Not Further Infuriate) The Large, Pregnant Lady In Your Life

Dear Significant Other,

Baby-making can be a frustrating time for partners. You want to be supportive. You'd like to make yourself useful. But what are you supposed to do at four in the morning when your special someone is simultaneously wallpapering the nursery, inhaling black jelly beans and weeping inconsolably at a TV ad for roof tiles? It's an unfortunate fact that people are often at their most unpleasant when they are at their most miserable and needy. It's another unfortunate fact that nearests and dearests often become punching bags for the pregnant.

Here, then, are a few tips to prevent you from becoming Pregnancy Enemy Number One:

- Do as much of the cooking, cleaning and shopping as possible. Your special someone is busy working on a biological miracle. This is no time for her to be bench-pressing grocery bags or Mr Sheen-ing dunny bowls if she doesn't feel like it.
- Try not to wake her during the night. She'll be doing plenty of that all by herself. And if she says she wants to sleep elsewhere to escape your snoring or Homer Simpson-style night terrors ('COBRAS!'), try not to get huffy. It's not personal, it's pregnancy.
- If there are kiddies or attention-seeking pets living in your home, bump up the amount of time you spend looking after them.

- Join her healthy eating and exercise plan (if you're a bloke, you may be shocked and also a little titillated to discover you have a pelvic floor that can be toned, too).
- Take on jobs that involve nausea-inducing odours. These may include filling the car with petrol, performing pet-poo patrols and doing anything that requires taking parmesan cheese out of a packet.
- Read her pregnancy books before she asks you to.
- Try to go with her to as many doctor or midwife appointments as possible. Put future dates in your diary to show you're interested and on the ball.
- Don't act out your feelings of frustration and helplessness. If she's upset about something, sit with her making sympathetic sounds rather than manically trying to fix everything up. Sometimes all she needs is to vent and then wallow in your sympathy.
- Pamper her with stretchy pyjamas, facial appointments and tickets to the Moto GP — whatever pops your particular girl's cork.
- Surprise her by spring-cleaning the house while she's out. You know she wants it.
- Enquire about the possibility of taking parental or other sorts of leave from your job so you can help share the baby-care load.
- Tell her over and over again how spunky she looks.
- If all else fails, grab the massage oil. Pregnant ladies can never have too many foot-rubs, head-massages and back-scratches.