



**Dads who love their kids
protect them in every way**

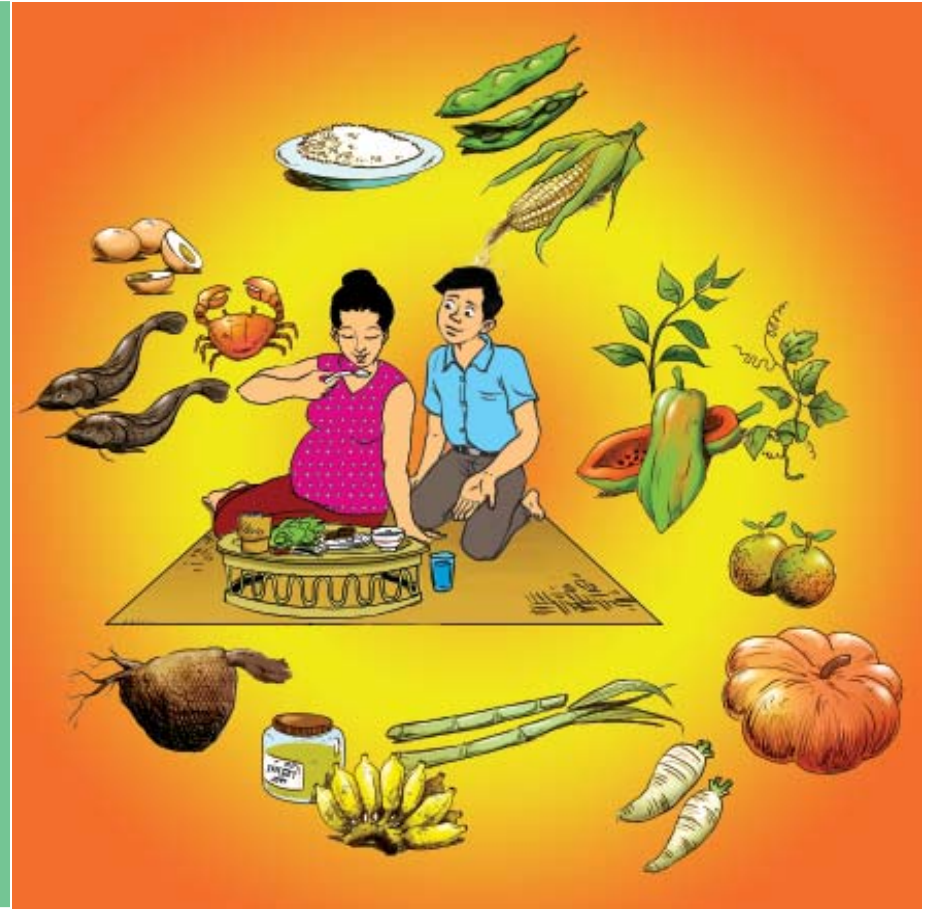
**Every parent-to-be
wants to have a
happy, healthy child.**



There are some things we can do to help make this happen.



For the child in the womb to be healthy, a dad-to-be can help his wife eat nutritious foods, get enough rest and avoid alcohol and tobacco.



Dad can help mum with the chores and make sure she does not do any heavy lifting when pregnant or when she is nursing an infant.



Dad can take mum to check-ups at the hospital during her pregnancy.



Many people ask if women can have sex when they are pregnant?

If the pregnancy is normal, then a couple can have sex together as usual, except for a period of around 1 month before and after the baby is born.



During the whole period of pregnancy, it's important that dad and mum understand and support each other



There's one really major thing dads can do to help - something which could save the life of their wife and child.



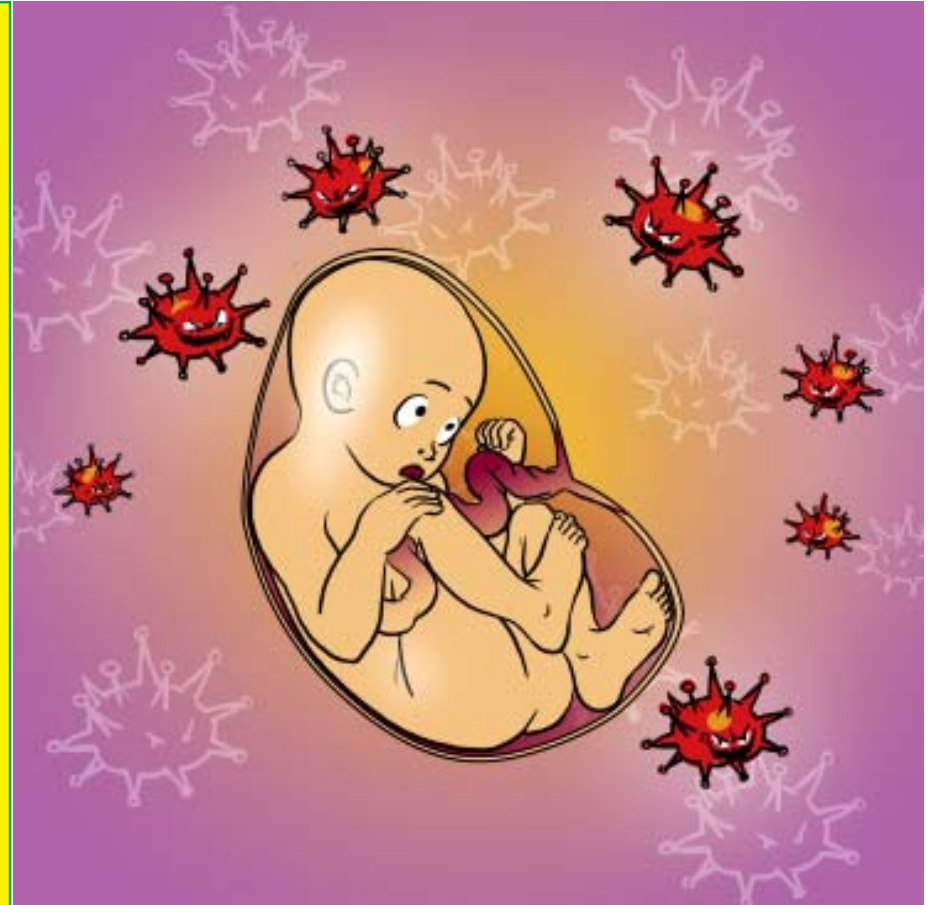
Dads should try to avoid situations which lead to risky behaviour, like: going out drinking with your mates or being away from home and feeling lonely, forgetting yourself and...



..if you really can't avoid this, you must wear a condom every time you have sex with someone other than your wife to protect yourself, your wife and child against sexually transmitted diseases like HIV.



HIV and other sexually transmitted infections are dangerous to the baby in the womb.



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