

## A Father's Role in Prenatal Bonding

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By: Sandy Jamieson, 'BA (Hons)', member of APPPAH, author of "Zaida Baby - My First Keepsake"  
[www.zaidababy.com/myfirstkeepsake](http://www.zaidababy.com/myfirstkeepsake)

Communicating with your unborn baby starts very early on and is crucial to providing your child with a happy and healthy life. Since your unborn baby doesn't have the ability to speak to you or understand your level of adult communication, he or she learns communication in other ways. They pick up on your feelings and are especially sensitive when it comes to determining whether your expression of love and care are genuine. That is why it is so absolutely important that you are bringing a baby into this world with pure love...and that means Dad too.

Fathers play a very important role in parenting, and this role starts in the womb. Your unborn baby is very aware of the way that Dad feels about them. Fathers that are present in their unborn baby's life send a very strong message of love and since the child is not an organic part of him, this message of love begins the development of a bond with his unborn baby. A father that is present can be described as someone who ensures that his unborn baby is well cared for. They sing to them, feel them kicking, listen to the sound of their heartbeat, and even touch them through their partners' belly. They also make sure that mom is receiving proper prenatal care, eating healthy, and is getting the love and comfort they need while providing them with empathy, frequent hugs and more help around the house. Present fathers stand up for their unborn baby and they look forward to caring for them. (Journal of Prenatal & Perinatal Psychology & Health. Forestville: Summer 2005. Vol 19, Iss. 4).

During the prenatal months, everything that affects a woman will in turn affect her child. Having her partner's support is absolutely essential to her, and absolutely essential to their child's well-being. Fathers are an integral part of the prenatal journey. Recommendations for the future in the area of prenatal and perinatal psychology is the growing involvement and relationship with fathers and their babies. (Journal of Prenatal & Perinatal Psychology & Health. Barrack, PhD: Fall 2007. Vol 22, Iss. 1).

About the Author: Sandy Jamieson has a degree in Honours Sociology and a diploma in Early Childhood Education. She is also a member of the Association for pre - & perinatal psychology and health, and has taken a platform in the community to bring awareness to the public on the importance of prenatal bonding.

Her passion for prenatal bonding began during the creation of a keepsake baby book that focuses on positive pregnancy. "Zaida Baby - My First Keepsake" was created to change the lives for future generations of children. Zaida Baby, meaning 'lucky' or 'fortunate' baby is divided into 3 sections. One being a journal for mothers to outlet their thoughts during pregnancy, 2 being a way for parents to preserve memories from their child's first year, and 3, unlike any other keepsake book on the market includes a 95 page inspirational love letter so that parents can read this mutually beneficial affirmation to their unborn baby and start parenting months before their baby is born. Reading "Zaida Baby - My First Keepsake" is a great way for parent's to establish a prenatal bond with their babies. (Keep it on your coffee table or on your night stand so that you can read it to your unborn baby daily!) For more information, visit [www.zaidababy.com/myfirstkeepsake](http://www.zaidababy.com/myfirstkeepsake). Also available at Chapters!

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