



himaya, in collaboration with Moms & to Be, aims to break the silence on children abuse which is still considered a taboo. This section is to help you recognize different forms of abuse and stop them from happening to ensure the safety and welfare of a child.

PATERNITY DURING PREGNANCY

Having a baby, especially for the first time, is a very moving experience for parents. Despite it being the mother who carries the child, fathers also experience a wide range of emotions. Fear and anxiousness are common regarding this change, specifically at the thought of upcoming responsibilities, which therefore makes it essential for couples to learn about pregnancy and open up about their experiences in order to build trust and comfort in one another.

Most fathers will ruminate on the question: "Will I be a good father?" After all, parenting is a skill that is learned and improved over time.

Let us start with the notion that when love settles between two people, it elevates their relationship beyond the simple ties of a friendship and reshuffles the way they interact. In other words, it can be described as a re-organization of the relationship. A similar process takes place when a couple expects a baby.

Parenthood is lived differently by women and men. While mothers experience the pregnancy through psychological and physiological changes, fathers experience unfamiliar thought processes. Fathers must reconcile with their feminine side. They must get used to expressing feelings of affection and tenderness in ways they might have never had before. They must also come to terms with the challenges that lie ahead, such as giving babies their milk bottles, baby-talking, baby changing, etc., which may be things they are experiencing for the first time.

While Camus (2000) emphasizes on the fact that it is through the father's recognition that a woman can become a mother, Missonnier (2013), highlights the importance of the mother's inclusion of her partner to transfer a man from a passive position to a position of "author – composer". Fathers have a participative role in the making of a baby in

the way they think of their future child; the way they imagine how their child will look like and memories of their own childhood. Talking about the baby, sharing emotions with their partner, and merely touching the belly of the mother embraces the father in the dyadic relationship of the Mother and Child and converts it into a triadic relationship of Mother, Father and Child.

Childbirth affects several marital factors not limited to communication and responsibilities. It also shakes a couple's sexuality and each partner's self-image and place in the relationship.

Several authors highlight the importance of emotional recognition and support from the husband which can reinforce a woman's self-image and help her cope with the myriad of changes she's experiencing. On the other hand, husbands can also feel left out, thinking "Baby's here, am I out?" or "Will she still love me?" These can be frequent thoughts for fathers who experience episodes of jealousy at the arrival of the baby, which may lead to "baby-like" attention seeking behavior.

While mothers play a giant role during pregnancy and receive most of people's support and attention, it's important to realize that both partners experience changes and worried thoughts. While women need ample support from their husbands, men also need comfort and recognition from their wives. Pregnancy and childbirth is a journey taken by both partners together, requiring compromise, communication, and care from both sides. Husbands and soon-to-be-fathers play a much larger role than they may think, and we thank them for their care, love, and support.