



## YOU NEVER MISS A PRENATAL VISIT. YOU ARE MY FATHER.

You are starting on the adventure of a lifetime: you get to be a father. You are needed from the start: to learn, to be involved, to be responsible.

As a father, you can show you care by supporting the mother at every step of the pregnancy.

Not only will you discover things you never knew about yourself, you will help significantly increase the chances of a safe and comfortable birth of your child and for her mother.

For more on fathers & prenatal care: [www.men-care.org](http://www.men-care.org)

Men Care

MenCare is coordinated by:

