

Pregnancy Support

What a Man Must Know; What a Woman Should Expect

(Sample Text)



Pregnancy Support:

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Foreword By Ayida Honor



As I reflect on my five pregnancies I realize how important the support of my husband has been for me and my children. I can remember challenges that I experienced during my pregnancies and how my husband Lenon supported me by helping me to stay positive, remain calm, and find balance. There were times when I felt uncertain about my pregnancies and my husband did his best to console me. I also had fears during my pregnancies and my husband was there to help me overcome my fears. The importance of a woman having a mate who supports her during pregnancy cannot be overstated.....

It is my hope that this book will encourage men to be present and supportive during pregnancy. I also hope that this book will inspire women to raise their expectations of men as it pertains to being supported during pregnancy.....

Introduction by Lenon Honor



Ayida and Lenon Honor (2015)

My wife and I have been together for 14 years. My wife has given birth to 5 beautiful children. We have 3 boys and 2 girls. Our oldest son is now 11 years old. Over the years our family has grown into an institution of happiness, positivity, and love. As a man I have learned that one of the most important times for me to be more supportive of my wife is during pregnancy. I have also found that the pregnancy experience is the greatest opportunity for me to express my love for my wife by being as supportive as I possibly can be. In this book I share what I have learned over the last 12 years. It is my hope that this book will help males to be better prepared for pregnancy and to help females to raise their expectations in regards to the levels of support that they deserve during pregnancy.....

Learning How To Support My Wife During Pregnancy



Pregnancy presents an opportunity for all men to learn what they can do to be the greatest husband and father that they can be. If a man wishes to be the best supporter of his wife during pregnancy then he must place the needs of his wife and the needs of his baby first. In order to do this he must be clear about what is most important. He must make sacrifices. He must offer as much pregnancy support as he possibly can.

There are many areas of pregnancy support that a man must consider. There are 5 specific areas of pregnancy support that I will be outlining in this book. These 5 categories include Emotional Support, Intellectual Support, Financial Support, Physical Support, and Labor/Birth/Postpartum Support.

Physical Support

Proper physical support can come in many forms including positive physical presence, nutritional support, exercise support, and sexual understanding. One of the primary ways that a husband can physically support his wife during pregnancy is to be physically present in the first place. By being physically present a husband will be in a direct position to positively influence the quality of his wife's pregnancy.....

The Importance of Sexual Discipline

From personal experience I can attest to the truth that pregnancy can be a difficult time period for husbands whose sexual needs are not being met. When my wife was pregnant with our first child I begged her for sexual intercourse. Whenever my wife did not want to have sexual intercourse I took her sexual disinterest personally. In taking her sexual disinterest personally I allowed my own emotional reactions to compromise my ability to properly support my wife and our unborn baby. These things being shared it is important that husbands keep the following in mind:

4. Do not try to manipulate your pregnant wife into having sexual intercourse

During my wife's first two pregnancies I tried to manipulate her into having sexual intercourse. I would say things like.....

5. Do not use your pregnant wife's sexual disinterest as an excuse to view pornography

There are some husbands who use pornography as a way of coping with their unsatisfied sexual needs. Husbands must understand that

8. Develop a pregnancy sex plan

A husband might ask, "What about my sexual needs during pregnancy?" This is an important question to ask and it will be necessary for a husband and wife to talk about the husband's sexual needs prior to and during pregnancy. In talking about a husband's sexual needs a couple can come to an agreement about what can be done so that the man's sexual needs are fulfilled. The development of this agreement is what I call a "Pregnancy Sex Plan".

Developing a "Pregnancy Sex Plan"

While pregnancy may reduce a woman's sex drive a man's sexual needs should not be totally ignored. This is why a couple should talk about how they plan to manage each other's sexual needs during pregnancy. They should develop a "Pregnancy Sex Plan".

A pregnancy sex plan is an arrangement that is formulated and agreed upon by the husband and wife wherein sexual needs are discussed and sexual expectations are determined. In developing a pregnancy sex plan the husband and wife will be better prepared to deal with the sexual challenges that will occur during pregnancy....

Sexual intercourse is a sex act wherein the penis is inserted into the vagina. If a wife does not have the sex drive needed to facilitate the insertion of her husband's penis into her vagina then there are other sex acts that can be agreed upon that do not require the insertion of the penis into the vagina. These non-insertion sex acts can be part of the agreed upon pregnancy sex plan and will allow for the man to experience a level of sexual satisfaction without the woman having to engage in sexual intercourse. Some of these non-insertion sex acts may include.....

Proper Nutrition

When a pregnant woman eats healthy foods her body will be provided with the nutrition it needs to properly support the maturation of the unborn baby. Therefore, a husband can offer his physical support by providing his pregnant wife with nutritional foods. Here is a list of nutritional foods:.....

Weight gain during pregnancy

When a woman becomes pregnant her body begins a process of transformation. This process of transformation is necessary so that the woman's body can support the maturation of the unborn baby. Weight gain is one of the observable changes that will occur during pregnancy. It is said that the average woman will gain between 25 and 35 pounds during her 9 months of pregnancy. This 9 month average weight gain can be distributed as follows:

Baby: 8 pounds

Placenta: 2 to 3 pounds

Amniotic fluid: 2 to 3 pounds

Breast tissue: 2 to 3 pounds

Blood supply: 4 pounds

Stored fat for delivery and breastfeeding: 5 to 9 pounds

Larger uterus: 2 to 5 pounds

Total weight gain: 25 to 35 pounds

It is not uncommon for some women to gain much more than 25 to 35 pounds during pregnancy. There are also instances where a pregnant woman will gain less than 25 pounds.

My wife's labor process

Labor is a physically rigorous and emotionally challenging experience that requires a great deal of physical and emotional support. My wife went through labor a total of five times. The length of the labor process for each of our children was as follows:

Lenon Coltrane Honor: 23 hours

Avinash Honor: 11 hours

Saidah Honor: 10 hours

Samiyah Honor: 7 hours

James Honor: 9 hours



My wife Ayida during her first labor (February 7, 2004)

Breastfeeding and Lactation

Breastfeeding releases a hormone called “oxytocin” that is said to help the uterus to return to its pre-pregnancy size. Breastfeeding also burns extra calories which can help a woman to lose pregnancy weight faster. I will add that if a woman chooses to breast feed her baby then she will also need nutritional support for lactation. Here is a list of lactation promoting substances or “galactagogues”:

Liquids: Water, Coconut Water, Lemon Juice

Fruits: Papaya, Green Papaya, Apricots, Avocados, Peas

Vegetables: Carrots, Yam, Sweet Potatoes, Alfalfa Sprouts, Dandelion Greens, Beet, Asparagus, Watercress, Parsley, Fennel, Green Beans, Garlic, Onion

Legumes: Chickpeas, Sesame Seeds, Alfalfa Seeds

Raw Nuts: Cashews, Almonds, Macadamia Nuts

Grains: Oatmeal, Brown Rice, Millet, Barley

Spices: Marjoram, Basil, Dill, Caraway, Ginger Root

Herbs: Fenugreek, Blessed Thistle, Goat’s Rue, Fennel, Dill, Nettle, Borage, Red Raspberry Leaf, and Alfalfa

5 things that a man can do to prepare for pregnancy

If a man wishes for his baby to be born into a peaceful, loving, and caring family then he must set the foundation of a positive family unit by ensuring that the relationship he has with his wife is positive in the first place. He must also prepare for his wife's pregnancy. Here are 5 things that a man can do to prepare himself for his wife's pregnancy.....



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