

LIVING WITH A PREGNANT PARTNER

(A psychological perspective)

PRESENTER: DR MIRRIAM KGANYA
CLINICAL PSYCHOLOGIST



Contextualization of the pregnancy

- ▶ **Openness and readiness towards a new journey**
- ▶ **Acknowledgement of feelings and emotions of the pregnant partner**
- ▶ **Avoid impositions and judgement**
- ▶ **Definition of roles and responsibilities**



Own process as a partner/ relative

- ▶ **Acknowledgement of own feelings and emotions towards the journey**
- ▶ **Understanding what the pregnancy means to you**
- ▶ **How to accommodate the pregnancy in own life**



Medical Matters

- ▶ **Morning sickness (Compassion for partner)**
- ▶ **Comorbid medical conditions**
- ▶ **HIV counselling and testing**
- ▶ **Medical consultations (schedules, costs, antenatal clinic)**



Socio-economic & cultural factors

- ▶ **Cultural demands related to pregnancy**
- ▶ **Living conditions and arrangements**
- ▶ **Financial implications**
- ▶ **Lifestyle changes**



**Thank you! Wishing you the best
for every step in your journey**

Questions?

