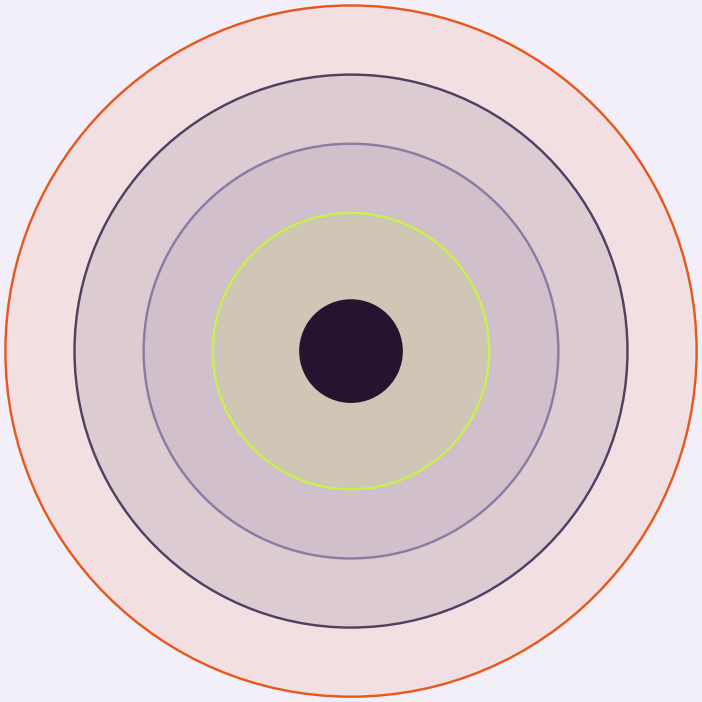
NOVEMBER 6, 2026



We're Pregnant!: The First Time Dad's Pregnancy Handbook

A reading of the book by Adrian Kulp (2018)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of We're Pregnant!: The First Time Dad's Pregnancy Handbook, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Adrian Kulp is a father of three and the writer behind the Dad or Alive blog. This handbook, published by Rockridge Press in 2018, is for first-time fathers who want to be useful during the pregnancy instead of watching from the side. It follows the pregnancy one month at a time across the three trimesters, saying what is happening with the baby and with mom, and which milestones are coming up. Along the way it covers questions to ask at appointments, building a birth plan, money, and keeping the relationship strong with shared goals such as a pregnancy announcement or a trip before the baby arrives. Checklists for each trimester, the hospital bag and the baby registry sit beside a section on the fourth trimester, the first months at home. The tone is light and practical, drawn from Kulp's own years as a once clueless dad.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Pregnancy is something you do together, even though only one of you carries the baby.

The title is the argument. Kulp writes for the dad who wants to be a teammate, not a spectator. He asks partners to show up for the appointments, the chores and the planning now, rather than waiting for the birth to start being a father.

2 HOURLIFE TAKEAWAY

Take it one month at a time and you always know what the next job is.

The book is laid out month by month inside each trimester. Each stop says what is going on with the baby and with mom, and what is coming next. Forty weeks is too long to hold in your head, but one month is not.

3 HOURLIFE TAKEAWAY

Go to the appointments, and bring your own questions.

Kulp gives dads questions to ask the doctor, because sitting in the corner of the room teaches you very little. Asking makes you part of the care team's conversation, and it takes some of the remembering off your partner.

4 HOURLIFE TAKEAWAY

Her body is doing the hard part, so your job is to take weight off everything else.

The practical support is ordinary: cooking, errands, chores, and getting the house ready. None of it is heroic. Done every week, it is what makes a partner feel looked after.

5 HOURLIFE TAKEAWAY

Plan things to look forward to, not only things to get ready for.

The book suggests shared goals for the two of you, such as how you will announce the news or a relaxing trip before the baby comes. A pregnancy can turn into one long to-do list. A few good plans keep it feeling like something you are building together.

6 HOURLIFE TAKEAWAY

Write the birth plan together, then hold it loosely.

Kulp walks dads through helping to design a birth plan. Knowing what she wants lets you speak up for her when she is busy with labour. Births rarely go exactly to plan, and the midwife or doctor makes the safety calls on the day.

7 HOURLIFE TAKEAWAY

A checklist done early is a panic you never have.

The book carries checklists for each trimester, the hospital bag and the baby registry. Working through them in the quieter months means the last weeks are about her, not about hunting for the car seat.

8 HOURLIFE TAKEAWAY

The job does not end at the delivery room.

Kulp covers the fourth trimester, the first months at home, as part of the same story. Feeding, sleep, bonding with the baby and caring for a partner who is still recovering all happen in those weeks, and a dad who prepared for them is far more use.

9 HOURLIFE TAKEAWAY

A calm dad who shows up beats a perfect one who panics.

Much of the book is told with humour, from cravings to his own clumsy moments as a first-time father. The point under the jokes is that you will not know everything, and you don't need to. Turning up, asking and laughing at yourself goes a long way.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Put every appointment in your calendar
- [ ] Start a shared question list
- [ ] Plan one thing to look forward to
- [ ] Draft the birth plan together
- [ ] Pack the bag and fit the car seat early

KEEP UP DAILY

- ◯ Read the month ahead together
- ◯ Take one job off her list every day
- ◯ Ask how she is, then listen

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Put every appointment in your calendar

Ask your partner for the dates of her upcoming prenatal appointments and scans.

Add them to your own calendar with an alert the day before, and clear your work diary for the ones you can make.

MY VERSION

DONE ON

- [ ] SETUP 2

Start a shared question list

Make one note on both your phones called Questions for the midwife or doctor.

Add to it whenever something comes up, and bring it to the next appointment.

MY VERSION

DONE ON

- [ ] SETUP 3

Plan one thing to look forward to

Pick one shared goal for the next month: how you will tell family, a weekend away, or a nursery you build together.

Put a date on it.

MY VERSION

DONE ON

- [ ] SETUP 4

Draft the birth plan together

Sit down for half an hour and write what matters most to her on the day: who is there, pain relief preferences, what you should speak up about.

Take it to the midwife or doctor to talk through.

MY VERSION

DONE ON

- [ ] SETUP 5

Pack the bag and fit the car seat early

Several weeks before the due date, pack the hospital bag with her and fit the car seat in the car.

Practise taking it in and out once, so the first time is not at the hospital door.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Read the month ahead together

At the start of each month, spend ten minutes together going over what is coming up: appointments, changes she may feel, and the jobs on your list.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Take one job off her list every day

Each evening, do one thing she would otherwise have done: a meal, a shop, the laundry, a phone call.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Ask how she is, then listen

Once a week, ask how she is feeling about the pregnancy, not only her body.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
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December 2026

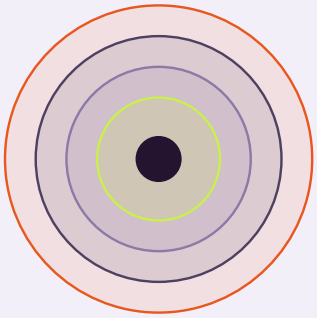
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You can't carry the baby. You can carry nearly everything else.

HOURLIFE NOTE AFTER ADRIAN KULP