Month seven: Lowlight

It’s no secret that pregnancy is a stressful time. Not only are you dealing with this massive impending change to your entire life, but you also have a partner who is at best constantly uncomfortable, and at worst...well, we don’t really want to think about that, right?

There’s also a lot of anxiety in both the early and late stages of pregnancy – if you spend too much time reading up on all the things that could go wrong, you’ll end up covering your partner in bubble wrap and never letting her outside.

Except that would be the wrong thing to do.

Unfortunately, in pregnancy, like the rest of the life, bad things will happen no matter how hard you try to avoid it. I generally try to avoid writing about low points in my life - but, hey, sometimes it’s nice to know that other people have bad luck too, right?

So here goes.

My wife is in the middle of her last trimester, and everything was going pretty well. Mom and baby were healthy, all the growth curves were being matched and all our plans were coming together.

She had had her baby shower – and being the modern, caring and loving women that she is, decided that I deserved something similar. Smaller, but similar. She organised a brunch with my family at a popular restaurant over-looking the city and managed to convince my toddler and I to get up and go.

It was quite a surprise to arrive to find my family there (plus gifts!). It was even more of a surprise - a shock actually - to see my heavily pregnant wife miss a step on the short brick stairway and go rolling down. I was carrying our 18-month-old, so my brain was able to move faster than my body... which was not at all.

I gave my toddler to my mom while my brother, some waiters and I helped my wife up and made sure she was okay. She was scraped and bruised in places because being the uber-mom that she is, she cradled her stomach instead of trying to break her fall. Luckily my brother is a doctor, so he could do some quick checks to make sure she was genuinely okay.

Fortunately, she was. But those 2 seconds helplessly watching my wife fall down those stairs is definitely in top 5 worst moments of my life.