

Dad - Your Baby Needs You

All children need and want a loving father who takes an interest in them. When dads are involved, kids have better behavior, higher self-esteem and school success.

Talk about how you feel. Tell your partner that *you want to help*. Mothers are recovering from childbirth and are busy with the baby. They may be unaware of your feelings.

Feed and hold your baby as much as possible. Hold her “skin-to-skin”. It will help soothe and calm her. Rock your baby. You can also feed her a bottle of pumped breast milk or formula.

Help with your baby’s daily care. Give him a bath. Sing to him. Talk to him. Change his diaper.

Spend time with your baby. Read out loud to her daily. She loves to hear your voice. Play with her. Your beard, hairy arms and head delight her. Watch as she explores and learns.

Plan for changes in household duties. Take on extra household tasks until mom recovers. Then work out a plan of shared tasks that help keep your family safe, healthy and organized.

If possible, help mom care for your baby at night. Change his diapers. Give him a bottle or bring him to mom to nurse. Burp him. Rock him to sleep.

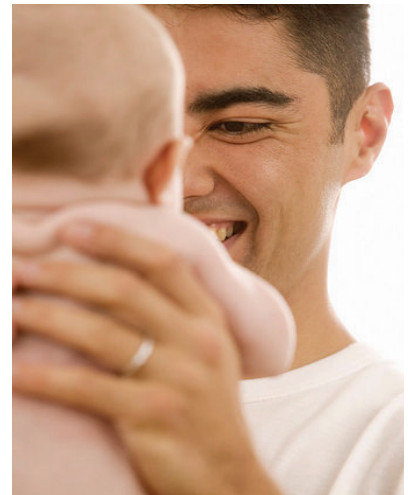
Adopt a healthy lifestyle. Exercise together. Take daily walks—mom, dad and baby. Eat healthy meals. Cut back on junk food. Get plenty of rest. *Quit smoking.* Smoke affects your baby’s health.

Show love to mom. Say kind words. Cuddle. Give her a massage. Plan a romantic dinner. Bring her flowers. Give her hugs and kisses.

Look for other ideas. Check out these sites:

- www.facebook.com/FatherhoodBiz
- www.fathersforum.com
- www.fathermag.com, and
- www.parenthelpline.org.

Be the best dad you can be!



Dads are an important part of a child's life.



Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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 **Children's**
HSHS St. John's Hospital