

Dads Take a New Hands-on Approach to Parenting

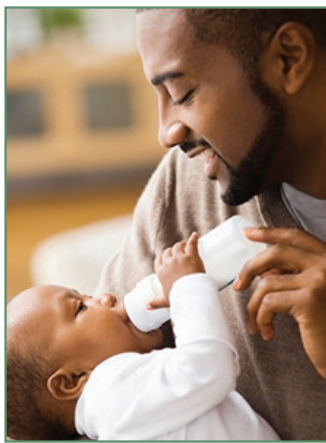
Many dads want extra time to bond with their baby - right after birth. As a result, more men request paternity leave. They take 1 to 2 weeks, or more, off work to care for their wife and newborn baby. This task of “shared care giving” is a shift from the more traditional fatherhood role of sole provider.

Be the primary caregiver while mom recovers from labor and delivery. Everyone benefits from your “hands-on” approach – mom, your baby and *you*. As you start your paternity leave, *be an involved dad* from day one. Simple care tasks help form a bond with your baby.

- Spend time with your newborn. Hold, rock and talk to him – **often**. You can hold him sometimes as he sleeps. Cuddle him. Read aloud a child’s book so he can hear your voice.

- Console your baby when she cries. *Do not always* give that task to mom. Face-to-face, sing songs, speak soothing words, and make funny faces. Walk with her. **Swaddle** her. **Sway** her back and forth holding her on her **stomach** or **side**. Make **shushing** sounds. (*Learn Dr. Karp’s 5 S method.*)
- Be the primary “diaper changer.” Keep books and bright toys near the changing station. Make playtime part of the diaper change routine.
- Take mom and baby out *daily* for a walk.
- Burp your baby after a feeding if mom is breastfeeding. If bottle feeding, feed him.

Read the article *Dad’s Support – Critical to Breastfeeding Success* in the Dad’s section of the Parent Help Line website.



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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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