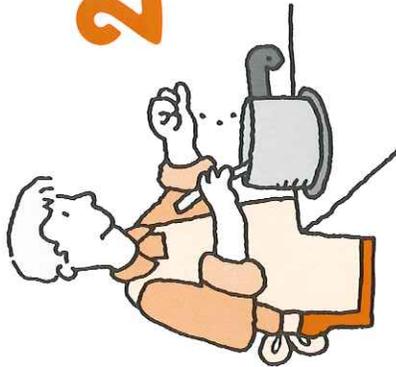


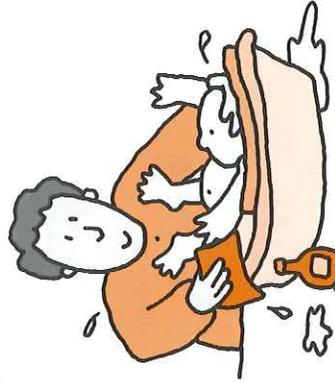
1 Help with rocking, cuddling and comforting your crying baby.



2 Help prepare family meals and snacks so mom can get her much needed rest.



3 Give the baby a bath. Change the baby's diaper.



5 Help mom ignore any negative comments she might hear about breastfeeding, comments like:



“Are you sure you have enough milk?”
“Is the baby hungry again?”
or, “Maybe you should use formula, too.”

Tell mom she is doing great and that she is helping your baby grow.

6 Bring the baby to mom in the middle of the night so she doesn't have to get up.



Help with bottlefeedings and burping whenever you can.



8

If you have other children, take them out to play. It will make them feel special AND give mom time alone with the baby.

9

If your baby has to stay in the hospital for a while, mom may be encouraged to use a breast pump. It may seem like a lot of work, but your baby will greatly benefit from it.



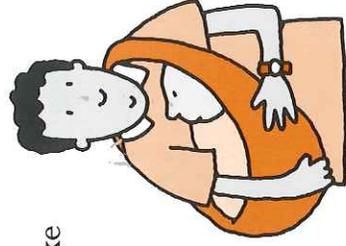
4

Encourage mom if she is breastfeeding. It's the best possible start for your baby. Tell her she's a good mom and that you are proud of her.



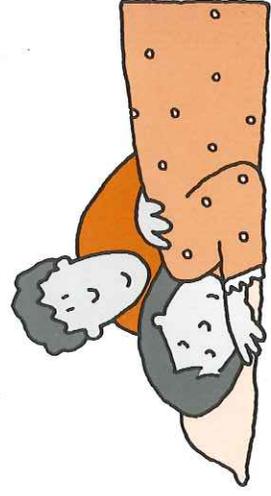
7

Suggest that mom take a nap while you take the baby for a walk. Use a front sling carrier or a stroller. Or, tell mom, “You go out for a while. I'll watch the baby.”



10

It might take mom a while to feel like her old self again. Try your best to be patient and understanding.



More helpful tips

- If you are worried about being a good father, you are not alone. Take a parenting class if you can or check out videos on parenting and fathering. Learn how to diaper, bathe, feed, hold, dress and play with your baby.

You will learn to be a good father by daily “on the job training” and by helping and showing your love.

- If you are worried about finances, you will learn to make adjustments once the baby comes. Maybe you won't go out to eat or go to movies as often, but most families figure out how to manage.

After the birth

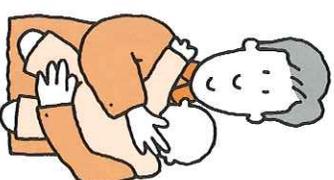
- Try to limit the number of visitors. This is very helpful right after the baby is born so mom and baby can rest.
- Try to reduce the amount of stress she has in her life in any way you can. Help around the house and do chores, without her asking.

- Help your partner keep off cigarettes, alcohol and drugs. You can help her the most by keeping off them yourself, at least when you are with her.

- If she's trying to watch her diet, help her by not bringing tempting foods into the house.

- If your partner makes you feel “left out,” talk to her about it. She is probably distracted with the baby and does not really mean to exclude you.

TEN TIPS ON



HOW DAD



CAN HELP WITH



THE BABY

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