

Just For Dads

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Most couples are uneasy and worried right after they take the baby home. It takes about six weeks for most couples to feel better about having a baby.

Here are things you can do for mom and your new baby:

- Hug your partner a lot. Tell her she's doing a great job.
- Respect your partner. One of the best things a father can do for his baby is to respect mom.
- Be patient with the baby and with your partner. This is new for all three of you and takes some getting used to.
- Ask friends and family members for help. Cleaning up, grocery shopping and meals are a lot to do with a new baby. Everyone needs help.
- Try to rest whenever you can.
- Help with the baby during feeding time. If mom is breastfeeding, you can bring her the baby. Help them get comfortable.
- Help with other jobs too:
 - change diapers
 - give baths
 - rock and cuddle the baby
 - read to the baby
 - sing the baby to sleep. Most babies love to sleep on their dad's chest.

