



BECOMING A DAD



March of Dimes is committed to making sure that fathers are prepared to support their partners before, during and after pregnancy.



- 1. BEFORE PREGNANCY**
- 2. DURING PREGNANCY**
- 3. LABOR AND BIRTH**
- 4. BABY'S HOME**



Being a dad begins even before your baby is born. The things you do to keep you and your partner healthy before and during pregnancy can help your baby be born healthy and strong.



4. BABY'S HOME

- 4.1: TAKE TIME OFF FROM WORK IF YOU CAN
- 4.2: BE PATIENT WITH THE BABY
- 4.3: HELP DURING FEEDINGS
- 4.4: TAKE CARE OF YOUR BABY
- 4.5: REMEMBER IT TAKES ABOUT 6 WEEKS FOR YOUR PARTNER TO FEEL BETTER AFTER HAVING THE BABY
- 4.6: MAKE SURE YOUR PARTNER RESTS
- 4.7: ASK FRIENDS AND FAMILY TO HELP
- 4.8: PAY ATTENTION TO SIGNS OF THE BABY BLUES AND POSTPARTUM DEPRESSION



Congratulations on the birth of your baby! What an exciting time for your family! Here are some ways from the tips above you can be a good, helpful dad and partner after your baby comes home



4.1: TAKE TIME OFF FROM WORK IF YOU CAN

Your company may offer paternity leave. This means you can take time off from work when your baby is born. Ask your human resources person at work about paternity leave.

4.2: BE PATIENT WITH THE BABY

Babies cry a lot because they can't tell you what they need. You haven't done anything wrong.

4.3: HELP DURING FEEDINGS

If your partner is breastfeeding, bring the baby to her. Help them get comfortable.





To view the video, click on the image or visit: <https://youtu.be/zTbBg8-G99Y>





4.4: TAKE CARE OF YOUR BABY

Change his diaper, give him baths, rock him, cuddle him, read to him and sing to him. Spend lots of time with him.

4.5: REMEMBER THAT IT TAKE ABOUT 6 WEEKS FOR YOUR PARTNER TO FEEL BETTER AFTER HAVING THE BABY

There are lots of changes happening in your partner after pregnancy. Her body has taken care of your baby for a long time. It has to get used to not being pregnant any more.

4.6: MAKE SURE YOUR PARTNER RESTS

Let her take naps while you take care of the baby. Decide who's getting up with the baby during the night.

4.7: ASK FRIENDS AND FAMILY TO HELP

They can help with cleaning, grocery shopping and making meals. Don't be shy about asking for help. Everyone is happy to help with a new baby in the house!



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visit: <https://youtu.be/CjA64fpXizw>





4.8 PAY ATTENTION FOR SIGNS OF THE BABY BLUES AND POSTPARTUM DEPRESSION

Baby blues are feelings of sadness a woman may have 3 to 5 days after giving birth. These feelings probably are caused by all the hormones in her body after pregnancy. By about 10 days after the baby's birth, the baby blues should go away.

Postpartum depression is a kind of depression that some women get after having a baby. It means she has strong feelings of sadness or worry that last a long time. These feelings can make it hard for her to take care of her baby. PPD can happen any time in the first year of life after childbirth. About 1 in 8 women has PPD after pregnancy.

- Having little interest in her usual activities or hobbies
- Feeling tired all the time
- Changes in how much or how little she wants to eat
- Gaining or losing weight
- Having trouble sleeping or sleeping too much
- Having trouble concentrating or making decisions
- Thinking about suicide or death





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CONCLUSION



To view the video,
click on the image
or visit:

<https://youtu.be/iMqGGwGE16o>

You are not alone. Your social connections, family, friends and from all of us at March of Dimes, please don't hesitate to reach out. Congratulations on the birth of your baby!