Calling All Dads!

Use the following links or quick response (QR) codes to visit these helpful websites!

• 24 Hour Cribside Assistance for New Dads: (www.newdadmanual.ca)

• Financial costs of not breastfeeding: (www.kellymom.com)

• The father’s role in breastfeeding: (www.llli.org)

Having a baby is a very exciting time for the whole family, especially you! You are such an important part of your baby’s life.

A dad is the first person to teach the baby that love doesn’t always mean food.
**Dads Matter**

You will have a huge impact on your child’s life, starting at birth! You are your baby’s protector, coach, supporter, playmate, and teacher.

You can bond and help meet your baby’s needs by:
- Talking
- Singing
- Reading
- Swaying
- Calming your baby when he is fussy
- Having a special time such as: bathing, bedtime, or tummy time
- Holding your baby skin-to-skin
- And so much more

Your baby will crave the strong and comforting presence of his dad. Be sure to spend as much time as possible with your baby.

**Know Your Baby**

Your newborn will recognize your voice and will enjoy learning from you, even at an early age. You can recognize your baby’s need through her cues or cries.

Ways your baby may show she is hungry:
- Smacking lips
- Bringing one or both hands to mouth
- Moving head from side to side
- Making fussy sounds

Ways your baby may show she is full:
- Opening or relaxing arms, hands, or fingers
- Turning head away
- Closing mouth
- Falling asleep

**Breastfeeding Matters**

Breastfeeding will give your baby the best start to life. You have a huge influence on breastfeeding; your baby will be able to breastfeed better with your support.

You will enjoy a lot of benefits when your baby breastfeeds including:
- Saving thousands of dollars per year by not buying artificial milk (formula)
- Fewer trips to the doctor because baby is stronger and healthier
- Reduced risk of SIDS, obesity, asthma, allergies, dental issues, and other health problems for your baby
- Better hand-eye coordination for your baby

Breastfeeding is very important and often takes a team effort! If problems occur, try not to fix it by offering formula first. WIC is available to help troubleshoot any breastfeeding questions.

**What to Expect**

What to expect when taking care of a newborn:
- Your baby needs to breastfeed at least 8-12 times in 24 hours.
- You will know if the baby is getting enough to eat by how well she is growing and if she is having plenty of wet and dirty diapers. Help keep track of wet and dirty diapers in the first week.
- Mothers are more likely to breastfeed with your support. Protect breastfeeding by sharing with others why it is important.
- If you have questions about your baby’s diapers, growth, or breastfeeding call WIC or your pediatrician for help.

Congratulations on choosing to be an active dad! Your role is unique and creates a lasting bond.