

# Congratulations **DAD!**

Now your baby's here,  
the fun really starts!

**These tools will help you bond  
in the first few weeks...**



# DON'T WORRY...

You'll handle the baby differently from mum but as long as you're gentle and support your baby's head, it's all good.

## FACT

90% of your child's brain will be formed by the time they are three. Every time you hold, talk to and play with your baby, you are helping those connections grow!



# TAKING CARE OF US

- ▶ **Life with a newborn is full on – you'll both be working hard.**
- ▶ **Be kind – she will take a while to recover from the birth.**
- ▶ **Listening, joking, hugs, cups of tea, making dinner and doing the washing – it all helps.**



If your partner's acting strange or obviously not coping, it could be post natal distress (men can get this too). Get help early – talk to her and your midwife, Well Child nurse or doctor.

**Try [depression.org.nz](http://depression.org.nz) or  
call the depression helpline  
0800 111 757**

# URRRGH, SLEEP!

**Lack of sleep affects most parents of newborns and it can be really hard on you both. To get through:**

- ▶ Take turns to nap (block out noise with earplugs).
- ▶ Sleep when baby sleeps.
- ▶ Have baby's bed in your bedroom – night feeds are easier – plus it's safer.
- ▶ Go easy on yourself and each other – this phase won't last forever.

*Up all night  
with baby...  
mustn't miss  
my stop... Snort...  
Snuffle...  
Zzzzz...*



# SOME USEFUL TOOLS...



**Singing & talking**  
– chest to chest  
*(they like the vibrations)*



**BURP!**

**Burping**  
*(they need help  
to release gas)*



**Also:**

**Bathing and dressing**

**Changing nappies**

**Gentle massage**



# CRYING... CAN WE FIX IT? Not always...



Keep this  
on your  
fridge

When your baby cries they're trying to tell you something. They might need a:

- Feed
- Nap
- Quiet cuddle with just you or mum
- Burp
- Nappy change
- Layer of clothing to be removed / added
- Walk in the fresh air

## ▶ **TIP:**

Try the 'colic hold'  
(see right)

It's great for calming  
an upset baby.



# LOSING IT ?

When baby cries a lot, it stresses out both parents. If you're getting wound up:



- 1 Put baby somewhere safe (like the cot).
- 2 Go into another room or outside.
- 3 Breathe deeply for at least one minute to get yourself under control.
- 4 Go back in when you're calm.

Out of options? Baby might be sick – ring Plunketline or your doctor.



## USEFUL NUMBERS:

Plunketline: 0800 933 922

Your doctor: \_\_\_\_\_

*It's that waaaa!... I can't quite deal with that. I've learned to take a few deep breaths and put him down... get out of there. – Tiki Taane*



For more info from other  
Kiwi dads who've been there

**CHECK OUT:**

[www.greatfathers.org.nz](http://www.greatfathers.org.nz)

[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)

[www.diyfather.com](http://www.diyfather.com)



**S.K.I.P.**  
[www.skip.org.nz](http://www.skip.org.nz)

