

# Going to be a **DAD?**

You have a huge effect on how your partner copes, and what kind of person your baby will grow into.

**Here are some ways you can give your child a great start.**



*"At first I was like... 'Oh no!' ...  
it was all panic stations.  
But then I started to think,  
'Okay, this is cool. I need  
to be in my son's life'."*

**Tiki Taane**





# GET YOUR HEAD AROUND IT

- Talk to other dads who've been there.
- Go along to scans and some midwife appointments if you can.
- Find out about your entitlements – Working for Families, parental leave or other family benefits.

*Not  
long to go  
now...*

# FACT

Your baby can hear your voice more than two months before they're born. That's when your baby starts getting to know you.

**HELLO?**



# BE INVOLVED

- Talk and sing to your baby – so they learn the sound of your voice.
- Go to a birth (ante natal) class – so you both know what to expect.
- Think about how everything your partner eats, drinks or smokes goes into your baby – is it time for you both to make some changes?
- Be nice to your partner, do stuff for her – she'll appreciate it.
- Think about dads you know – who do you want to be like?



# STAY CALM

- Practice living on less money now.
- Make time to talk about how you're both doing.

It's normal for you both to feel stressed out sometimes. But if things are getting out of control, talk to someone you trust, or try a helpline:

Relationships Aotearoa: 0800 735 283

It's not OK: 0800 456 450



*"Making sure that your relationship stays on track, that you're talking, communicating. Communication, that's hugely undervalued."*

**Warren Maxwell,**  
Trinity Roots, Little Bushman



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)

