



# Dad's Toolkit

## 0-3 Months



### Breastfeeding

- ★ You might not be able to breastfeed but you can help by being enthusiastic, supportive, and knowledgeable.
- ★ Breastfeeding will make your partner hungry and thirsty. Offer a glass of water, healthy snacks, or anything else she may need.
- ★ Breastfeeding sessions can last anywhere from 10 minutes to over 1 hour. Most newborns feed 8 to 12 times a day.
- ★ You can help with housework or cooking.
- ★ To be involved in night feeds, you can bring the baby to your partner in bed. When she is done feeding, burp, change her diaper, and settle her back to bed. Mom will get some rest and you get some special one-on-one time.
- ★ A fussy baby may settle down more easily with you. The smell of milk on your partner can cause the baby to want to feed instead of calming down.
- ★ Don't be alarmed: breastfed babies may have mustard colored, seedy poops. These are normal.
- ★ Cuddle with mom and baby during nursing for family bonding.
- ★ Fathers are important to babies no matter how they are fed.

**Dad's support is very important for successful breastfeeding**

### What Can Newborns Do?

More than you may think!

#### Newborns can:

**SEE!** About 8-10 inches from their eyes and YOU are his/her favorite thing to look at!

**HEAR!** Newborns can turn toward a sound to see where it came from. They will react to loud or sudden noises and may cry to let you know they're scared. Newborns know your voice.

**FEEL!** Babies love to be held close and feel your warmth and heartbeat. Remember to support her head. Holding your baby helps her learn to trust you.

**DO THINGS!** Newborns will grab anything put in their hands. They may even try to grasp things with their feet! And though she isn't able to hold her head up, she'll be trying!

**BE CURIOUS!** Babies love to look at things that are close. Especially things that move.



### PPND? What's that?

Men may develop **Parental Postnatal Depression**. If you're experiencing any of the following symptoms, please tell us:

- ~ Increased anger
- ~ Frustration or irritability
- ~ Isolation from family and friends
- ~ Feeling discouraged
- ~ Working constantly
- ~ Fatigue
- ~ Thoughts of suicide
- ~ Ongoing physical symptoms, like headaches, digestive problems, or pain
- ~ Misuse of prescription medication
- ~ Increased use of alcohol or other drugs
- ~ Being easily stressed
- ~ Problems with concentration and motivation
- ~ Loss of interest in work, hobbies, and sex

**Fact:**  
More than 15% of women and up to 10% of men develop postnatal depression

# Check out these websites and apps for FREE info!



National Center for Fathering: <http://www.fathers.com/>

Mr. Dad: <http://mrdad.com/>

National Responsible Fatherhood Clearinghouse:  
<https://www.fatherhood.gov/>

Great Dad: <http://www.greatdad.com/>

Dad's Adventure: <http://www.dadsadventure.com/>

Teach Early: <http://www.teachearly.org/>



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