



Dad's Toolkit



3-6 Months

Time and Tolerance

What's the most important thing you can do for your baby? Simply **spend time together!** Allow you and your baby time to get to know one another. Give yourself time to learn and grow into your new role. You are both learning everyday!

Fact:

Babies' crying starts to increase around six weeks of age and usually begins to lessen around three to four months.

Crying Baby? Now what?

Why?	Try!
Hungry?	Feed your baby.
Tired?	Rock baby gently in your arms or in a rocking chair. Let baby nap.
Wet or smelly?	Time for a diaper change! She may also need a change of clothes if anything leaked.
Gassy?	<ul style="list-style-type: none"> ★ Burp baby during and after feedings. ★ Rub her back while walking around singing. ★ Lay baby on her back then gently move her legs like riding a bike.
Uncomfortable?	<ul style="list-style-type: none"> ★ Is too hot or too cold? Dress baby as you are dressed. Baby's chest, tummy, and back should feel warm, not sweaty or cool. ★ Check baby's surroundings—is anything pinching or poking him/her? ★ Don't forget to check inside of clothing too!
Bored?	Change baby's surroundings—try a new toy or different room.
Over-stimulated?	<ul style="list-style-type: none"> ★ New stuff can be too much. ★ Take him/her someplace quiet to settle down.
Lonely?	<ul style="list-style-type: none"> ★ The world is a big, unfamiliar place. ★ If baby wakes and no one is there, he/she may cry out for company and just want to be held.

Bonding with Baby

You can:

- ★ **Get hands on from the beginning.** Dressing, playing, bathing, and changing diapers are great ways to build your skills and boost confidence!
- ★ **Have a staring contest.** Babies love to look at faces.
- ★ **Connect through touch.** Touch helps your baby feel safe and secure, builds trust and strengthens connections.
- ★ **Talk and sing to your baby.** Talk is brain food for babies. It increases brain power and helps with school success. So go ahead—read, sing, or just tell him about your day!
- ★ **Respond to your baby.** When you respond to your baby's sounds, reaches, looks, you are telling her that she is important. Your interest also tells them they can trust you. They will also be gaining valuable communication and language skills
- ★ **Have some one-on-one time—**just you and your baby. Even daily activities like changing or dressing your baby is special daddy time.
- ★ **Keep at it!** Resist the urge to hand your baby back to mom when things get demanding. **YOU CAN DO IT!!**
- ★ **Love, love, love, and love some more.** Give lots of hugs and kisses.

Still crying?

- ★ Sometimes baby is just not happy. You may want to:
- ★ Hold him/her and walk while talking softly or saying shhh, shhh, shhh.
- ★ Put her in a motorized swing.
- ★ Swaddle your baby – wrap him up like a burrito and cuddle with him!
- ★ Go for a walk or car ride.
- ★ Be silly – sing or make funny faces.
- ★ If baby is still crying and you are feeling frustrated, place baby on back in crib and walk away. Take a few minutes to collect yourself and take deep breaths. Shaking a baby, even once, is never ok.

Don't take the crying personally

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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