



# Dad's Toolkit

## 6-12 Months



*Sometimes as a dad you may feel awkward, but as your baby grows you will develop a very special relationship.*

*Dad, you play a unique role in the way your baby grows. You encourage your children to think differently which will help them in school and beyond!*

### Dad's do it differently (and that's a good thing!)

- ♥ Moms and dads have different ways of handling babies. They have their own unique styles.
- ♥ Differences in holding and playing with your baby have a positive influence on brain development.
- ♥ Differences can result in better coordination, which can help in physical development and sporting skills.
- ♥ Dad's involvement is important in the development of bonding.



### Bonding with Baby

- ★ **Take a walk** – There are healthy benefits for both of you!
- ★ **Dance** – Put on some music, and dance around the room with your little one.
- ★ **Set a table for two** – Have breakfast or lunch together.
- ★ **Encourage exploration** – From a rough beard to a silky moustache to a crew cut. Little fingers love learning about you and their world!
- ★ **Repetitive sounds** – Da-da, ma-ma, ba-ba are the first sounds your baby can make. Repeating these helps your baby connect to his language, world, and to you!
- ★ **Make a play date** – Setting aside special time for the two of you lets him know he is special and that you'll be there for him.
- ★ **Keep your promises** – Your baby will learn from you. Teach him to trust by doing what you say you would do.
- ★ **Play peek-a-boo** – Doing this builds your baby's skills at communicating and expressing emotions.
- ★ **Blocks, balls, cars and dolls** – These can be played with in lots of different ways.
- ★ **Build a tower** - Babies will especially love knocking it down.
- ★ **Be an actor** – Read books using different voices. Your little one will love it!
- ★ **Get down on the floor** to play at baby's level.
- ★ **Tell baby you love her.**

## BE A GOOD ROLE MODEL

Your baby learns by watching you.



# 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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