

TIP CARD FOR NEW DADS

DID YOU KNOW?

When dads are very involved from birth, their children do better—and dads do too!



When dads are very involved from birth, their children:¹

1. Reach developmental milestones earlier.
2. Form better friendships.
3. Do better at school.
4. Are less likely to get into trouble as teenagers.
5. Develop higher IQs.



Dads who spend time caring for their newborns:²

1. Form a bond faster and are likely to enjoy fatherhood more.
2. Are more likely to report feelings of warmth, love, and satisfaction.
3. Experience positive brain and hormonal changes that make it easier to nurture and bond with their children.



A few other things to be aware of as a new dad:³

1. Loud sounds can be scary and may hurt babies' hearing.
2. Bright light can hurt their eyes.
3. Babies have "skin hunger"—they love to be held so their skin touches their parents skin.

MORE INFORMATION

NRFC Resources

- Webinar (2013)—Working with Dads: Encouraging and Supporting Father Involvement from Birth through Adolescence <https://www.fatherhood.gov/webinars>
- Safety Tips for Dads to Keep Babies Safe <http://1.usa.gov/20R5pG9>

Other Resources

- FatherWork—suggested fathering activities by age of child from Brigham Young University (developed by David C. Dollahite, Ph.D. and Alan J. Hawkins, Ph.D.) <http://fatherwork.byu.edu/activities.htm>
- Drive to Five—information and resources from Fathers Incorporated to assist and encourage fathers' healthy participation in the lives of their children 0-5 years old www.drivetofive.org
- Dynamic Dads—a YouTube video from Fathers Incorporated <https://bit.ly/2shXkmj>

WHAT YOU CAN DO

Be involved, be caring, be there.

- **Hold your baby**, gaze into their eyes.
- **Cuddle them**, change their diaper, burp them after they eat.
- **Cradle them over your shoulder** and walk around to introduce them to their new world.
- **Let your baby lie down with you**, skin-to-skin on your stomach.
- **Talk to your baby**, tell them stories, sing to them—it's never too early to start sharing with them!
- **Just look at your baby** or screw your face up and wait for a response—babies just a few days old can mimic you.
- **Start reading with your children** from an early age—reading and playing with books is a wonderful way to spend special time together.
- **Keep your baby safe** and comfortable.
 - Help them lie in different positions, but don't leave them alone on their stomach.
 - Talk to them in a calm, soft voice. Pick them up gently and slowly.
- **Help your baby feel loved** and secure.
 - Comfort and hold them when they cry.
 - Feed them when they're hungry.
 - Play with them when they're bored.
- **Select the correct type of car seat** for your child's age and weight.
 - Infants should be in a rear-facing convertible car seat until they are two years old or until they reach the maximum height and weight for their seat.
 - Never leave them in the car alone.

