

Information Sheet



Quick tips for early days as a new dad

- Don't worry if fatherhood is a shock, that is normal. Suddenly life has changed but you and your partner will get used to it in time. It's a big learning curve for everyone including baby so try to roll with it and be flexible.
- Tell your partner how well they are doing, notice how they connect with the baby and give encouragement – ask 'What needs doing?' or 'How can I help?' regularly.
- Spend time skin to skin with your baby when you can put them under your T shirt for a cuddle after work, have a shower together, bathe them – this is a great time for bonding that will last a life time.
- Support your partner. Bring cups of tea, glasses of water, offer little foot rubs, jokes and cuddles – yes it is simple, and new mums need all of it.
- Find a time to see your friends or do the things you need to do like going to the gym or riding your bike.

Negotiate when this can happen and don't stay away too long. Support your partner in having a similar break as a regular activity if it's possible.

- Try to learn how to settle the baby when they are grumpy rather than just saying they want milk. Practice makes all the difference. Try walking outside and showing them new things, singing to them or pushing a pram around the block if they are crying – it gives the new mum a chance to regroup if they need to.
- Look around for what needs doing. Supportive dads do things in the early days of babies life that they may not have done before. Be flexible, and helpful.
- If your partner is stressed or down, ask why and listen to how she is feeling. Share how you are feeling too but be reassuring. You don't have to solve everything just listen and understand. As a team you will get through!



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Brimbank Dads is supported by the Victorian Government.