

Tips for Dads



The nurses and education specialists at St. Luke's Birth Center created these tips especially for you to help you become a dynamite dad...

- Parenthood is a 50-50 job.
- Bond with your baby. Hold him every chance you get. Snuggle her close and tell baby that she is loved.
- Tell Mom that she is loved. And you can never show it enough.
- Take time off work while Mom's recovering from the birth. You can change diapers, soothe a fussy baby, vacuum, do the laundry, cook, etc.
- Learn helpful skills like burping the baby and identifying the "I'm hungry" vs. "I'm wet" cry.
- Stay calm and keep your sense of humor.
- Sleep. Make sure you and Mom get enough of it.
- Order in. It's worth it.
- Share sick calls.
- Together agree who you are going to call for advice and venting.
- Take a break. Skip the housework and go for a walk together as a family instead.
- Call during the day to check in with baby's mom. See if you can stop by the store to pick up needed items on your way home.
- Spend as much time as you can at home.
- Share the housework and share the middle-of-the-night duties.
- Take time to go out, just you and your wife.
- Parents should have their own private time. Rotate nights out.



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