

Tips for Dads

The nurses and education specialists at the UnityPoint Health – 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 your baby every chance you get. Snuggle them close and tell them they're loved.
- Tell Mom that you love her. You can never show it enough.
- Take time off work while Mom's recovering from birth. You can change diapers, soothe a fussy baby, vacuum, do the laundry, and cook.
- Learn helpful skills like burping the baby and identifying the different cries.
- 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.

