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.