

Fact Sheet

Becoming a dad

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Congratulations on becoming a dad!

Being a dad for the first, second or even third time can be exciting, overwhelming, exhausting, demanding but very rewarding. Some new dads describe it as their emotions are 'all over the place' or it was the best experience of their life. Especially after being part of the birth process.

Becoming a dad can be a big adjustment, but the key to being a dad is to get in and give it a go.

Holding your baby for the first time, changing nappies or bathing your baby, may be quite scary initially but the more practice you have the better you will become.

Dad's involvement is important in the development of bonding between father and baby. Spending time with your baby in skin to skin or close contact will help you to develop a close relationship with your baby.



Some suggestions for you to get involved and also support your partner – especially in the first few days/weeks are

- changing nappies
- bathing / showering with baby
- dressing
- settling
- playing
- cuddling / holding



Dads play a major role in the wellbeing of the family and providing support for their partner, but remember you must look after yourself also.

Both you and your partner are adapting to having a new little person in your lives. You not only learn to care for baby together but learn from each other.

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Support with breastfeeding

Supporting and encouraging your partner with breastfeeding, can make a big difference in helping your baby to a great start in life. By understanding how breastfeeding works, you can support your partner with any challenges in the first few weeks.

When your partner is breastfeeding you can bring her snacks and drinks and make sure she is comfortable. By holding your baby in skin to skin or close contact on your chest after a feed you will be teaching your baby that love comes in all forms.

Skin to skin and close contact with your baby also helps to settle your baby after a feed and allows time for you both to get to know each other.



For more information on becoming a dad, visit:

<https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/dadvice-for-new-dads>

http://raisingchildren.net.au/articles/becoming_a_dad.html

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au