

Parenting Tips

Parenting Tips for Dads and their Newborns

Trust your paternal instincts. By spending time with your baby, you will become sensitive to the sounds of their cries and gestures they make when their needs are not being met. Eventually, it will be easier to discern what they need.

Learn as much as you can about each developmental stage your baby will go through. Read books, magazines, look on the internet. Don't hesitate to call your pediatrician.

Find classes in your area that are specifically for coaching Dads on how to take care of their newborn.

Have "Daddy and baby time," make sure it is just the two of you and go for a walk. Play together, be in charge of bath time, take a baby massage class or baby yoga class together, all of these are great ways to bond with your baby.

By talking to your baby and holding your baby close your baby will be able to recognize your smell and voice. They will respond to you in a different way than others they are close to. Be in tune to this, it can be very rewarding to know that your baby has a unique way of communicating with you.

Babies are totally helpless and need a lot of attention and caring. If you are feeling stressed out or frustrated, take a break. Have your partner watch the baby for a while, or call a trusted friend or family member to come over and help.

When you take the time to spend with your baby, you are not only bonding with your child but also giving your partner a much-needed break. You are contributing to the parenting partnership and stepping up to the plate!

Remember the role of a father in a child's life is critical. Babies whose fathers are involved thrive and become children with better self-esteem and better self-image.