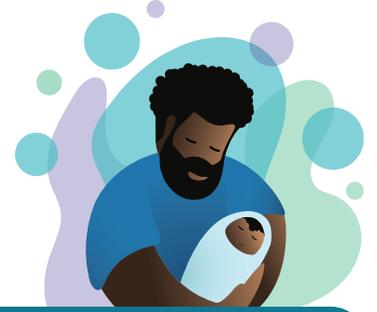


The Guide to Parenthood: A Dad's Handbook

Support your baby, your partner and yourself in these early weeks.



Bond With Your Baby

- Skin-to-skin, singing, talking
- Diapering, baths, bedtime routines
- Support feeding (bring baby, burp, bottles)

Learn More: [Some Ways Dads Can Bond with Baby | WIC Breastfeeding Support](#)

Support Your Partner

- Connection check-ins, listening
- Continue participating in household routines
- Create calm environment for breastfeeding or bottle feeding

Learn More: [5 Ways New Dads Can Support Their Partner During Postpartum — Rolling With Dads](#)



Watch for Paternal Depression



- Signs: increased anger, conflict with others, increased frustration and irritability, use of alcohol or other substances
- Postpartum depression affects dads too
- About **one in 10** dads experience paternal depression, and that rate increases to **one in two** if the mother experienced postpartum depression.

Learn More: [Help for Dads | Postpartum Support International \(PSI\)](#)

Self-Care for Dads

- Nap when possible
- Light exercise/walks
- Connect with friends or other dads
- Ask for help when needed

Learn More: [Dads Self-Care -THRIVES](#)



Community and Helplines



- Parenting classes and local fatherhood programs: dadssupportingdads.org/#join
- Online support communities
- Hotlines:
 - **988** – Suicide & Crisis Lifeline (U.S.)
 - **National Maternal Mental Health Hotline: Support for Fathers**
Call or Text: **1-833-TLC-MAMA (1-833-852-6262)**

Being a dad is a journey. Supporting your baby and partner starts with supporting yourself.