



So, You're a Dad...Now What?

Prenatal, Labor and Delivery

Plan now to take some time off after the birth.

Be there for your partner. Go with her to ultrasound exams & prenatal classes.

Help her stay healthy. Tell her she's beautiful!

Ask to touch her belly and feel the baby kick (starting between 4 & 6 months).

Talk to your baby - he or she can hear you!

Be supportive & offer help

Sometimes you may feel like you're in the way

Cut the cord, bathe the baby.

Tell your partner how proud of her you are

Respect Your Children's Mother

Keep the relationship with your partner strong.

Respect and support the mother of your children.

Spend Time with Your Children

Cuddle & hold your children; they need & crave physical contact

Play with them

Read to your children & help them with homework

Discipline with love and be consistent

Keep your promises

Teach them self-esteem

Teach them about finances

Know your children's friends

Take time and listen to their ideas and problems

Talk *with* your children

Be a Role Model & a Teacher

Boys with fathers in their lives tend to be less violent. Fathers define their son's masculinity; teach them how to channel their aggression and strength; teach them male sexuality, hygiene and proper work ethic. Sons learn how to be good husbands by emulating their father's success and avoiding their failures.

Girls with fathers in their lives tend to have healthier relationships with boys and men later in life. She learns how proper men act. She learns how to judge future individuals as potential partners

'Special Needs' make Special Dads!

Get educated about the disability and learn how to discuss the disability with family and co-workers.

Learn what it takes to care for your child.

Play with your child as if he or she does not have a disability.

Be involved with the medical community and educational system.

Celebrate your child's gifts and strengths and be an advocate for your child.

When fathers of children with special needs are included in their care, things change for the better!

Resources

www.fatherhood.org

www.fathers.com

www.fathersnetwork.org

To contact Family Voices of North Dakota:

888-522-9654 or fvnd@drtel.net or go to www.fvnd.org