

Some Suggestions to “Daddies” given by “Mommies”

(Excerpts taken from an article by Amenda Schewaga of the www.birthingsite.com)

- Get up from sleep along with your wife, even if she's breastfeeding. It'll make her feel like you are at least trying to help even if all you do is just talk to her. :-)
- Be totally selfless for a while. Make everything for your partner. Treat her like a queen. Don't take things personally, the way you treat her during the first week or so, she will remember forever!!!
- My husband says to enjoy it all because it really goes so fast. I remember my husband being useful in my early days with baby one by bringing me water and a snack at every feed and making sandwiches for me to keep in the fridge etc. Also ignore comments about too much cuddling being bad for baby , babies are born to be cuddled :-)
- Have skin to skin and wear your baby whenever you can.
- Get in and be with your child from the minute of birth....when your child seeks attention, be part of the team that answers the need... including bedtime rituals... and feedings... bathing etc... Be your child's secondary care giver... as much as possible...
- Be nice and don't hold anything against your child's mother for her high maintenance during pregnancy and after. She needs your help and understanding and love, not negativity. These events change everything. Go with her to all appointments and meetings, if she wants you to. If she says she doesn't care if you do or not, say 'great! I'm excited to be there.' Don't call her **fat**, call her strong and beautiful. If you don't understand something, ask or do your own research. The more you know the better you can handle it, and better you and your new family will be.
- Don't wait until mum is in labour before you start flipping through pregnancy and birth books. The time to gain your education is before labour begins. Take the responsibility to gain your knowledge so you are able to support mum in the best possible way by attending antenatal classes and reading books and before you know it you will be the best support person a mum could possibly have.
- Baby loves you even if she/he seems to like Mommy more. Baby just needs time to get to know you, so give Mommy a break and spend time with your little one!
- Feeding your baby isn't the only way to bond with her.
- Sniff them, which new baby smell only lasts for so long.
- Let go of self-consciousness and talk to your baby. Your voice is soothing and relaxing and it's what baby has heard since before birth. Simply chatting can calm baby, and your own nerves, especially when baby seems so tiny and breakable to such big hands.
- Help the mommy as much as you are able to. :)
- Be selfless for a while, fabulous advice. I think many times dad feels unneeded and I love how many hubbies are weighing in on this. Women will remember how their partner treated them in the early days with baby.
- Take the baby so mama can sleep. Doesn't matter if baby cries the whole time. Take the baby out of the house for an hour if you need to but LET MAMA SLEEP!
- Learn as much about breastfeeding as you can. Success often depends on her support and if you can be her biggest (and knowledgeable) cheerleader, things will be that much smoother.
- She will return to your normal wife soon, but right now she needs you to take care of her so that she can take care of the baby.
- Be flexible about when and where you have to sleep.

Hope these simple tips can help foster the bond between new father, new mother and the baby during the early post natal days and breastfeeding....