

# 15 TIPS for new dads

## 1 Be Patient

Being a new dad can be challenging, and it's important to be patient with yourself and your child. Your child is learning and growing, just like you are.

## 2 Learn how to change diapers

### It's an essential skill for new dads

Practice makes perfect, and you'll get the hang of it in no time.



## 3 Learn how to soothe your baby

Crying is a baby's way of communicating, and it's important to learn how to soothe them when they're upset. Try different soothing techniques, such as rocking, singing, or gentle bouncing, to find what works best for your baby.

# 4 Make Time For Self-Care

Being a new dad is demanding, and it's important to make time for self-care. Whether it's going for a walk, reading a book, or getting a massage, make sure you're taking care of yourself.



## 5 Be flexible

Being a new dad means being flexible and going with the flow. Your baby's needs come first. It's important to be flexible and adapt to their schedule.



## 6 Don't be afraid to ask for help

As a new dad, it's important to ask for help when you need it. Whether it's from your partner, family, or friends, don't be afraid to ask for help.

# 7 Get Involved

Get involved in your baby's development. Being involved in your baby's development, from their first steps to their first words, is important for bonding and being a part of their growth.



## 8 Be Present

Being present and fully engaged with your child is essential for building a strong bond with them. Put down your phone and other distractions, and focus on your child.



## 9 Be Supportive

Being a supportive partner is essential for the overall well-being of your family. Support your partner emotionally and physically, and help with the baby as much as possible.

## 10 Learn how to feed your baby



Whether you're breastfeeding or bottle-feeding, it's important to learn how to feed your baby. This will allow you to bond with your child and provide them with the nourishment they need.

## 11 Be open to learning

Being a new dad means being open to learning new things, whether it's how to change a diaper or how to soothe a crying baby.

## 12 Make time for your partner

Having a baby can be stressful on a relationship, and it's important to make time for your partner. Plan date nights, go out for lunch, or simply talk about your day.



## 13 Get involved in your baby's care

New dads can feel left out when it comes to their baby's care, but it's important to get involved as much as possible. Whether it's bathing, dressing, or rocking your baby to sleep, being an active part of your baby's care will help you bond with them.

## 14 Get enough sleep

Sleep deprivation is common for new parents, and it's important to get enough sleep to be able to take care of your baby and yourself.

# 15 Read To Your Baby

Reading to your baby is a great way to bond with them and stimulate their development.

