

# TIP CARD FOR EXPECTANT DADS

## DID YOU KNOW?

When dads are involved as supportive partners during pregnancy, it is good for their babies, good for moms, and good for dads.



When their partner supports them, pregnant women are more likely to get regular prenatal care and eat and live healthily, which increases the likelihood of positive health outcomes for their baby.<sup>1</sup>



Dads who are there for mom and baby during the pregnancy are better prepared for their role as a new dad. They feel more involved, and their baby has more opportunities to get to know their dad.<sup>2</sup>



Moms who have calm and supportive birth partners have better labor experiences.<sup>3</sup>

## MORE INFORMATION

### NRFC Resources

- Working with Dads: Encouraging and Supporting Father Involvement from Birth through Adolescence (<https://www.fatherhood.gov/webinars>)
- Helping Young Fathers with Decision Making (<http://bit.ly/2FmkSyo>)
- Healthy Fathers, Healthy Families (<https://bit.ly/2riAOLl>)

### Internet Resources

- An Expectant Dad's Guide to Pregnancy, WebMD (<https://wb.md/2IVIn12>)
- Blog for Expectant Dads, Mr. Dad (<https://bit.ly/2GqQ3ch>)
- Tips for the Expectant Father, Minnesota Department of Health (<https://bit.ly/2pFohiA>)

### Books

- The Expectant Father: Facts, Tips, and Advice for Dads-to-be (4th Edition), Armin Brott and Jennifer Ash, 2015.
- Pregnancy for Dads (Idiot's Guides), Joe Kelly, 2015.

## WHAT YOU CAN DO

Be involved, be encouraging, be there.

- Talk with your partner about expectations and feelings: what is she expecting from you as a dad? What are you feeling and expecting?
- Take a childbirth class; go to prenatal and doctor visits with your partner – get to know the people who are going to be delivering your baby.
- Recognize that pregnancy can be stressful for you and your partner. Besides supporting and helping her, you also need to find time to focus on yourself.
- Talk with other dads and ask how they prepared for the birth of their children.
- Start taking on extra responsibilities around the house – pick things up, clean the house, make some meals, go shopping.
- Prepare for the birth.
  1. Get things ready for your new baby – you'll need a crib, diapers, car seat, and stroller.
  2. Map out a route to the hospital.
  3. Help your partner prepare a bag that will be ready with a change of clothes and other essentials to take with you.
- If you are employed, talk with your employer about taking family leave or working flexible time after the birth so you can help care for your new baby.



<sup>1</sup> MenCare (2015), State of the World's Fathers. [https://sowf.men-care.org/wp-content/uploads/sites/4/2015/06/State-of-the-Worlds-Fathers\\_23June2015-1.pdf](https://sowf.men-care.org/wp-content/uploads/sites/4/2015/06/State-of-the-Worlds-Fathers_23June2015-1.pdf); Fatherhood Institute (2014), FI Research Summary: Supportive Fathers, Healthy Mothers. <http://www.fatherhoodinstitute.org/wp-content/uploads/2014/04/FI-Research-Summary-Supportive-Fathers-Healthy-Mothers.pdf>

<sup>2</sup> NRFC Webinar (2013), Working with Dads: Encouraging and Supporting Father Involvement from Birth through Adolescence. <https://www.fatherhood.gov/webinars>

<sup>3</sup> Fatherhood Institute (2014), Making the Most of Fathers to Improve Maternal and Infant Health. <http://www.fatherhoodinstitute.org/wp-content/uploads/2014/11/Making-the-most-of-fathers-to-improve-maternal-and-infant-health.pdf>