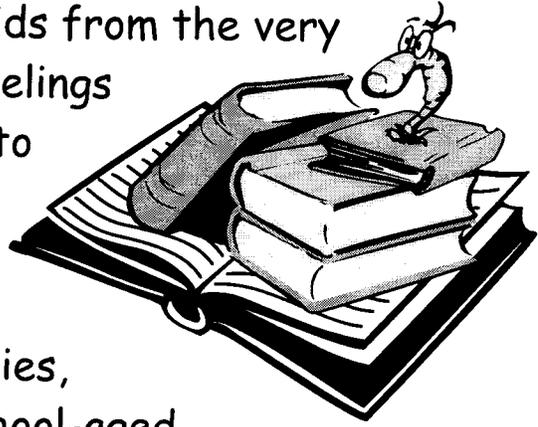


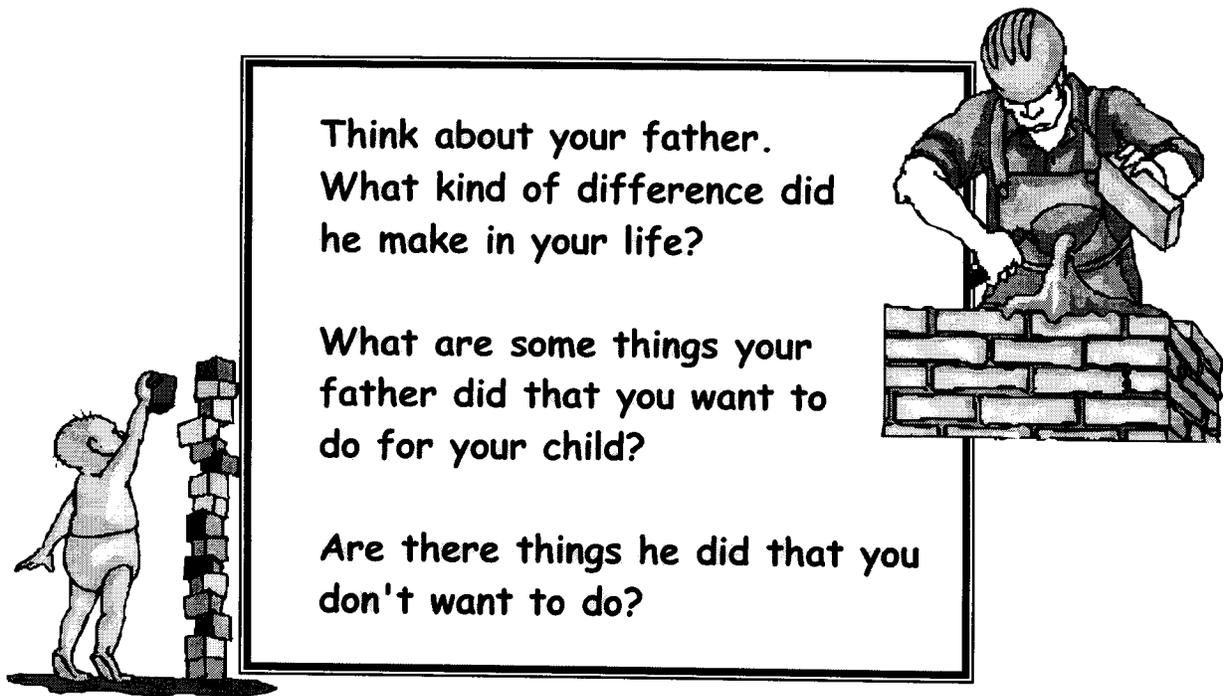
# JUST THE FACTS, JACK

When dads spend time with their kids from the very beginning and work to keep close feelings between them, good things happen to the kids. Things like this:



- \* They are more likely to be active, healthy, and strong babies, toddlers, preschoolers, and school-aged children;
- \* Most of them do better than normal on developmental tests;
- \* They do better figuring out the differences in how boys and girls act;
- \* They are much less likely to be violent, dangerous, and even criminal;
- \* Girls do better in math;
- \* Both boys and girls are better at doing things without help, controlling themselves, and being leaders. They are more successful in life;
- \* Teens wait longer before they start having sex;

- \* Children are more likely to go to school and stay in school. They are also less likely to repeat a grade;
- \* Girls have healthier relationships later in their lives, especially with men. Remember that Dad is the first man they get to know;
- \* Boys who grow up without a father around are 300% more likely to be put in a state juvenile institution.



What are some things you can do right now that will make a difference in your baby's life?

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# BONDING WITH YOUR BABY

## I Need a Clue!

*Bonding. You mean like Super Glue?*

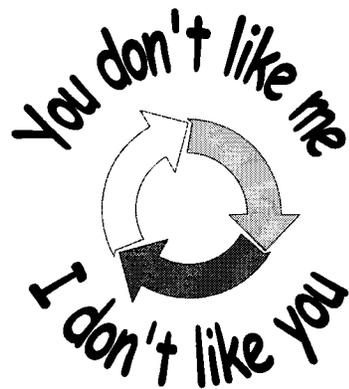
*Even better. Bonding is the sense of attachment or closeness that you and your baby feel for each other.*

## ***"Does My Baby Love Me?"***

For about the first 4 to 6 weeks after your baby is born, he probably won't give you many signs that you're doing a good job as a dad. In fact, he may seem to just sleep, eat, poop, and cry all the time.

This can make you feel like your baby doesn't love you. Then what happens? You could back off and stop showing that you love him.

Something like that can go around and around and keep getting worse. You have to stop it. Bonding will help you.



## ***"How do I go about bonding?"***

One of the best ways to bond is to find a private, peaceful time you can spend with your baby. Smile at him, look into his eyes, and talk to him.

The earlier you start being with your baby and doing things with him the more bonded you will both feel.

Learn the things he does that show you what he wants. Does he want to be picked up, played with, or just rocked to sleep?

As time goes by, your baby learns that he can count on you. This makes him feel safe and helps him feel good about himself.

But bonding doesn't happen all at once.

There's nothing wrong with you if you don't seem to hit it off with your baby right away. Don't worry. Pretty soon you will win his heart...

**...AND HE WILL WIN YOURS!**



Here are some fun ideas you'll be able to use to start bonding with your baby:

**\* TRY THE STARING CONTEST**

Stare at your baby. See who will blink first. Think you'll win? Think again. Babies love to stare at people. You've got a battle on your hands!

**\* PLAY KANGAROO**

Strap on a front pack baby carrier, pop the baby in, and go on about your business. Rake leaves, wash the car, play with the dog. Your kid will love every minute;

**\* READ THE SPORTS PAGE**

Your baby loves to listen to you, but he doesn't have a clue what you're saying. So sometimes read stuff YOU LIKE. He won't mind. Read the sports page, the want ads, the TV listings. To him it's Peter Rabbit;



## \* TAKE A BATH TOGETHER

Yep, get yourself naked and climb in with him. Babies can be afraid of water. With you there, everything will be fine;

## \* SHOW HIM HOW YOU FEEL

Let your baby feel your whiskers, your mustache, your hands. They all have different feels to them that he will get a real kick out of. Watch out, though. They love to pull chest hair!

## ***"They won't let me near my kid!"***

You might feel like no one is giving you a chance to bond with your baby. Other people seem to be taking care of everything because they think dads don't want to be involved—or don't know how.

Many people think that a dad's job doesn't start until his child is older and in school.

## **WRONG!**

A dad should start bonding when his child is a baby. He can still do it when the kid is older, but it's a lot tougher then.

## ***"What can I do to make this bonding thing happen?"***

Lots of things. Try these:

- ▣ Feed your baby;
- ▣ Change his diapers;
- ▣ Cuddle him;
- ▣ Rock him to sleep;
- ▣ Get up in the night with him;
- ▣ Talk to him;
- ▣ Walk him when he cries or is fussy.

These are things you can't overdo. You can't spoil your baby at this age, so stick with it. Show people you can do it. When someone starts to change his diaper, say, *"I'm his dad. He likes me to do it. We have a special poop-thing going!"*

Are there things that could happen or people that might get in the way of bonding with your baby?

What can you do about them?



# CRYING

**CRYING IS NORMAL.** Most babies cry for about two hours a day, and many get "fussy" toward the end of the day.

**CRYING IS IMPORTANT.** It's the only way a newborn can tell you he's uncomfortable and wants help.

Are you ready for this?

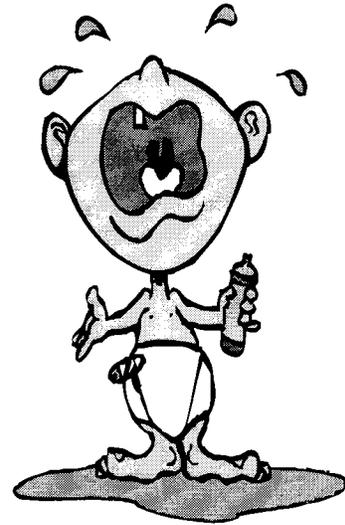
**NOBODY CAN MAKE A BABY STOP CRYING.** Not moms, not dads, not doctors, not baby experts—NOBODY.

They stop **WHEN THEY'RE READY.** So relax.

Dad's job is not to make him stop. Dad's job is to show him that he lives in a terrific world full of people that care about what he needs.

If you stay cool and treat him with care when he cries

- ⇒ He starts to learn how to communicate;
- ⇒ The bond between you gets stronger;
- ⇒ He starts to feel good about himself and his world.



The more Dad calmly tries to help his crying baby the stronger the bond gets between Dad and baby. The stronger the bond, the smarter, healthier, and stronger the baby becomes.

## ***"So what should I do when the baby cries?"***

When your baby cries, but you know that he has been changed, fed and burped, here are some things to try:

- ⇒ Wait one minute before doing anything;
- ⇒ Lean over him without picking him up and talk softly to him;
- ⇒ Stroke his head as you count slowly out loud,  
*"1,001...1,002...1,003...1,004...;"*
- ⇒ Lift his hand to his mouth so he can suck on his fingers;
- ⇒ Pick him up in your arms and hold or rock him;
- ⇒ Try giving him a pacifier;
- ⇒ Walk with him against your shoulder;
- ⇒ Walk outdoors with him.

## MIX TOGETHER WAYS TO DEAL WITH CRYING.

Try mixing sounds, movements, touch, and things for him to look at. One thing you could do is hold your baby and rub his back while you're walking around. You might even sing to him.



## INVENT A NEW WAY.

The same thing doesn't always work every time or for every person. Don't just use somebody else's ideas. Try your own. If it doesn't work after about five minutes, try something else or add something to what you're doing. And keep trying!

## DON'T BE EMBARRASSED.

Sometimes you might think what you're doing to calm the baby looks uncool for a guy to do, especially with other people around.

Don't cave in and let a woman take over! Take pride in being a dad. Others will really respect you (even if they don't say so) when they see you can stay cool when you've got a crying baby on your hands.

## **DON'T FEEL LIKE YOU'RE NOT A GOOD DAD.**

If you've done all you can do and just can't handle the baby's crying anymore, take a break! It's OK! Be proud that you did your best.

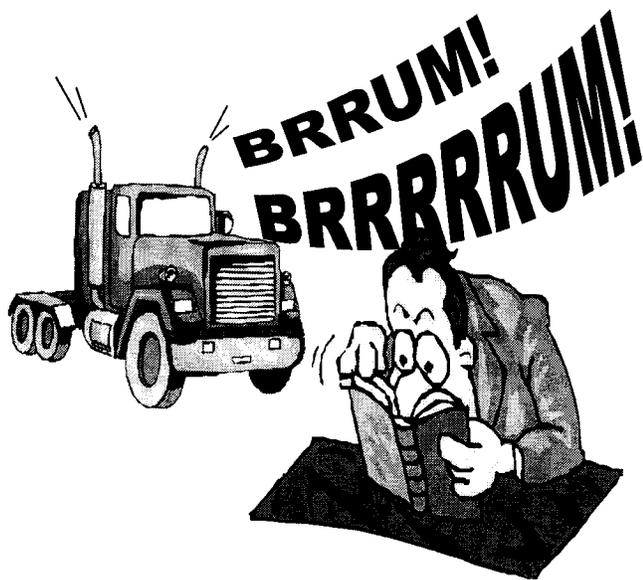
Remember, every time you treat your baby calmly and with love you learn new things about what works and what doesn't.

## **STAY COOL.**

A baby's cry is one of nature's loudest sounds. It is as loud as a truck without a muffler—and that's almost enough to be painful!

Sometimes having an unmuffled truck parked in your life can really get to you.

A crying baby can make anybody feel frustrated and sometimes **ANGRY**. A pat can become a slap; a firm hold can become a squeeze; a rock can become a vicious bounce.



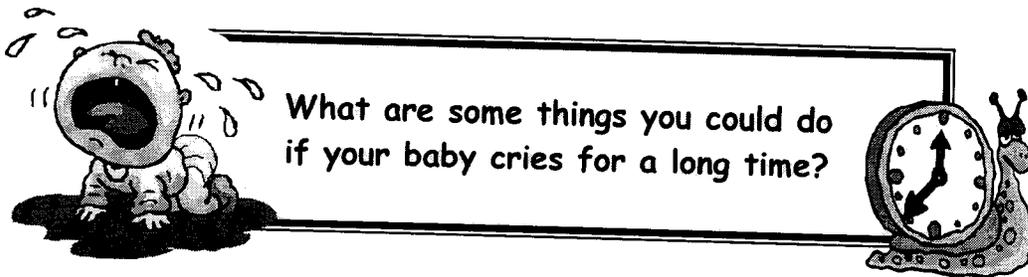
## BEFORE THAT HAPPENS...DO THIS:

- ▣ Stop what you're doing;
- ▣ Put your baby down in a safe place, like his crib;
- ▣ Get some help;
- ▣ Take some deep breaths and be calm;
- ▣ Know that you did your best.



Babies cry for lots of different reasons. Always remember, it's more important to show your baby how much you love him and want to help him than to figure out exactly what makes him cry.

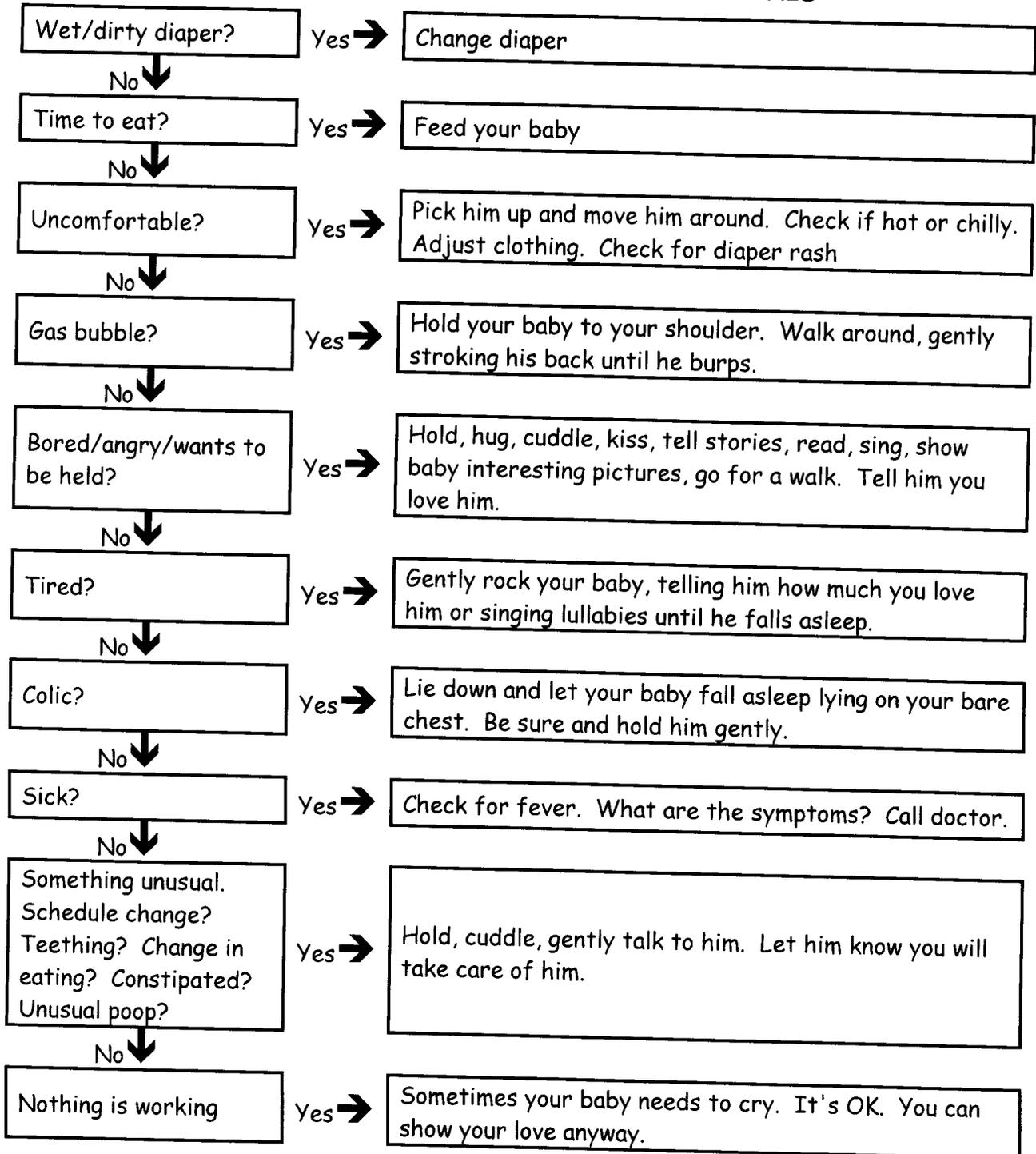
If you've done everything you know to do, and the baby is still crying, you may have to let him cry himself out. That's OK. Sometimes babies don't even know why they are crying.



## DAD'S CRY CHART

### CHECK FOR THIS:

### THEN DO THIS:



# C-H-E-E-E-R-S

- C-ues**            What kind of cues does baby give?  
Does Dad recognize and respond quickly and sensitively to them?
- H-olding**        Quality and frequency, including any touching.
- E-xpression**    How much does Dad talk to baby?  
Does Dad speak respectfully about the child? To the Child?  
How frequently does Dad vocalize in ways that support language development?  
What is the frequency and quality of non-verbal expression by Dad?  
Between father and child? (e.g., eye contact, touch, goes, etc.)
- E-mpathy**        Is Dad sensitive to baby's feelings and needs?  
Does Dad care about how baby feels?  
Does Dad recognize the child's feelings and experiences?  
Does Dad respond sensitively to the child? How often?
- E-nvironment**    As it relates to child development, does environment support growth and development?  
Is Dad interested in and supportive of baby's development?  
Does Dad speculate about upcoming development?  
Does Dad notice and attend to child's development?
- R-hymicity/  
-eciprocity**      Are they dancing?  
Is there mutual initiation of interaction and activities?  
Is there a smooth back-and-forth, give-and-take quality in the interaction between Dad and child?
- S-miles**            Are there smiles?  
Is there joy and love in interactions?