



Did you know?



When dads care for and play with their baby in the first 1000 days it promotes healthy brain development!



When a dad bonds with his baby, it releases oxytocin (the love hormone) which is good for dad's emotional wellbeing?



When dad builds a strong bond with his baby in the first 1000 days it lasts all the way into adulthood and has a huge impact on the growth of the baby - this includes social fathers and father figures or who spend time with the baby



The more dad reads, tells stories, and sings to baby at 9 months, the better the child's memory, vocab and problem solving when he/she is 2 years old – and this is because the tone of dad's voice is different to mom and it causes baby's brain to learn differently



Dads who play playdough with their daughters before the age of 2 years help her grow up with a strong sense of security when she is a teenager (whereas the same does not happen when mom plays with her).



Dad can be playful even when changing nappies, bathing, massaging, or feeding baby – it improves baby's heartrate and respiration rate. But it also impacts the dad's health and wellbeing



Evidence shows that men are the attachment figure that provides playfulness and stimulation that supports children exploring



GOOD HEALTH



LOVE



SECURITY



NUTRITION



STIMULATION



Did you know?



Having a father engaged in caregiving activities predicts improved cognitive achievement in preschool children and decreased behavioural problems in pre-school



Men's active participation and support during the prenatal period is associated with the mother being more likely to receive antenatal care, childbirth, and postnatal care, as well as the family being more prepared for any complications. It can also contribute to reducing maternal postpartum depression.



When men accompany women during labour and childbirth it can also lessen the woman's stress and discomfort.



Interventions that engage fathers to improve their knowledge, attitudes and practices of maternal and infant nutrition during pregnancy, childbirth and the postnatal period can contribute to exclusive breastfeeding and better nutrition for infants and their mothers.



Engaged fatherhood can aid in ensuring children's access to health and education and serve as a buffer against abuse, neglect, and violence



GODD HEALTH



LOVE



SECURITY



NUTRITION



STIMULATION

what dad can do



GOOD HEALTH

Attend the ultrasound to hear baby's heartbeat

this changes the bond with dad and baby. Dad can't see or feel baby, but when he hears baby's heartbeat, something happens inside dad and the bond begins to form – even before he meets little one



LOVE

Within the first few hours of baby being born, to have skin on skin contact between dad and baby

This helps dad bond with his baby, feel more confident as a father, and creates the feeling of protectiveness, lowers anxiety and ensures a strong interest in baby that lasts. It also helps to regulate baby's temperature and heartbeat – and this is something that dad can do soon after birth, even if mom can't



NUTRITION

Support mom to breastfeed

If a father knows the benefits of breastfeeding and supports mom to do it, she will have the confidence to start and to continue if it gets hard. Breastfeeding reduces the risk of breast and ovarian cancer in mom, and produces oxytocin (the love hormone) for mom to bond with baby. Breastmilk gives baby the immune system to fight infections, and the bonding with mom builds baby's brain. Dad can help by ensuring mom eats well, drinks lots of water, keep her company whilst she breastfeeds. He can do the household chores to allow mom to breastfeed, he can help mom express breastmilk into a bottle so that he can also feed baby



SECURITY

Register baby's birth, make sure home is free from harm, toxins & abuse

Build predictable, daily routines with baby to help baby feel safe, an essential need baby has for good brain development. Dad can help mom with the routine of feeding baby, changing, bathing, swaddling baby, calming a crying baby and putting baby to bed to ensures baby feels safe and secure



STIMULATION

Play with baby – even if for only 10min a day

By singing, talking – it builds baby's vocabulary even before baby can speak and helps baby feel safe and loved

Be part of everyday actions

Bathing, feeding, changing nappies, putting to bed – these all increase the bond with baby, that makes dad more protective of baby and the family whilst making dad want to be more involved

