

Daddy Toolbox Tips

The Daddy Toolbox Tip cards are helpful "How-To" guides for supporting you in giving your best to your baby.

Use them together as a mini-instruction manual with your toolbox!

To learn more about the impact of fatherhood, please visit the Philadelphia Community Action Network's "Real Dads, Strong Families" Youtube video for more inspiration:

<https://bit.ly/3bRGY7Q>



HAVING KIDS IS THE

ULTIMATE

JOB IN LIFE

NICK LACHEY



Feeding Baby

- Once baby eats food, balance their nutrition with protein, vegetables and fruit.
- Offer to burp baby and change diaper! Have supplies ready! (pillow, bib, or burping cloth).
- If mom pumps or breastfeeds, support her by washing the pump parts and bottles.
- Support mom's feeding choice (whether bottle or breastfeeding).



One of the greatest things a father can
do for his children is

love

their mother

HOWARD W. HUNTER



Co-Parenting & Mom Support



Fathers and babies can be equally as attached as mothers and babies. When both parents are involved with the child, infants are attached to both parents from the beginning of life.

Every pregnancy is different! To avoid assuming, simply ask, "what do you need?" or "how can I support you?"

The quality of the father-child relationship matters more than the amount of hours spent together. Non-resident fathers can have positive effects on children's social and emotional well-being, as well as how much your child succeeds in school and how well they behave.



He adopted a role called
being a **father** so that his
child would have something
mythical and infinitely
important: **a protector**



TOM WOLFE

Create a Shopping Checklist!

- Did you make a list?
- Did you check what your baby needs?
- Does the baby have everything they need for daycare/care elsewhere?
- What things does your baby like?
- Did you check with mom to see if anything is missing?



Anyone who tells you
fatherhood is the greatest
thing that can happen to you,
they are **understating** it



MIKE MYERS

Doctor Appointments

- Go with mom to baby appointments beginning in pregnancy.
- Search for pediatricians before the 3rd trimester is over.
- Call to make wellness visit appointments for baby.
- Have questions prepared for appointments.
- Share your voice at appointments.



baby
on
board



Every **dad**, if he takes time out of his busy life to reflect upon his **fatherhood**, can learn ways to become an even **better dad**



JACK BAKER

Routines

- Routines help baby sleep better at night and eat better during the day!
- Complete a bedtime routine with bath, book, feeding and bed.
- Alternate baths between mom and dad to support each other and your schedules.



It's important to keep routine for baby!



MY FATHER GAVE ME THE GREATEST
GIFT ANYONE COULD GIVE ANOTHER
PERSON, HE

Believed

IN ME

JIM VALVANO



Self-Care and Communication



- Solicit support from family and friends for babysitting and meals. Dads and moms need breaks too!
- Talk to your infant! Talk about your feelings--communicate!
- Dads sometimes experience depression after baby arrives too, reach out for support!
- Once a week, for at least an hour, take time for yourself.



Children

ARE A POOR MAN'S RICHES

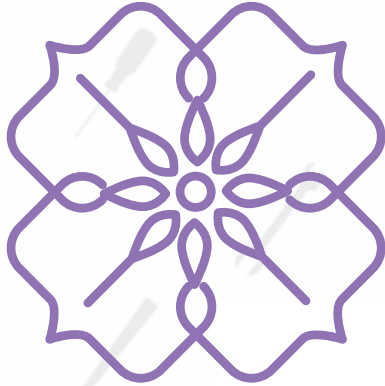


ENGLISH PROVERB

How to bond with baby

- When a dad imitates a baby's sounds, smiles or movements, the baby lights up and repeats the action. This back and forth is exciting and fun for both baby and dad.
- It is the foundation of the bond, the beginning of a life-long relationship and boosts the baby's brain development, creating new nerve pathways.
- We're hard wired to have this kind of interaction, but doing it deliberately is even better. If you're uncomfortable babbling, just speak anyway you want!





Mindfulness Tips



1) **Stop.** Instead of becoming wrapped up in the emotion or making an impulse decision, just stop and take a moment.

2) **Breathe.** Take a deep breath. This helps clear your mind, as well as helps physiologically calm down your brain.

3) **Notice.** Notice what you're experiencing on a moment to moment basis. What are you feeling in your body? What emotions are you experiencing? Is it static or is it changing? Does the emotion seem out of proportion compared to the trigger?

4) **Reflect.** What's causing the emotion? Is it the right response? Is a part of you feeling attacked, belittled or threatened?

5) **Respond.** Think of all the different courses of actions you can take. Consider the kindest, most compassionate way to respond to the situation (even if you don't take that path.) Finally, make a conscious decision on how to respond