



Dad Matters

New Dad Workshop



@DadMattersUK

Dadmatters.org.uk

Join Dad Matters for a **FREE** online class *for dads-to-be and new dads with babies under 12 weeks old*



During these online video sessions, we will talk about three key topics; Attachment and Bonding, Mum's and Dad's Mental Health and Wellbeing and Access to Appropriate Services. We will also cover Labour, Birth and Beyond from a Dad's perspective.

There will be plenty of opportunities to ask questions, make comments, and listen to other dads' experiences

Book your FREE tickets here:

Dadmatters.org.uk/workshop

For more information:

Contact your local Dad Matters Coordinator
Email us at DadMatters@homestarthost.org.uk
Find us on social media
OR visit our website

I've learned to listen to myself and not expect to be a superhero... Thank you very much for a very helpful class and giving me plenty to go away and think about

I feel reassured that the concerns I have, everyone has. And feel re-assured that I have the tools to deal with them.



in Greater Manchester

Getting to Know your Baby

Hints and Tips



Before they are born:

Spend time with partner and baby, feeling your baby move and kick, listening to mum as she describes how it feels and getting to know when baby is awake, active or asleep. Babies can hear what's going on around them from 18-24 weeks gestation, so tell them stories, share your day with them, sing with them. They will recognise your voice and they are already getting to know you.

Plan the birth with your partner, talk about expectations, hopes, dreams and worries. All of this will help to establish a place for baby in your mind and will support you and your partner to have honest conversations that will help in the future

Choosing toys. Holding the same kind of comforter or toy when together, or even on video or phone calls, using it to make up stories and giving it a name you can share, can all help to support your relationship.

Keeping a record of your experiences, as detailed as you'd like, will not only help you to look back and reflect on this unique time, but will be something to share with your kids when they are older. Think about a diary, video, audio and take lots of pictures.

Make a Playlist to share with your baby now, and later, of all the music that you like.



After they are born:

Watch, wait and wonder is a useful way to get to know your baby, even if they are asleep, fussy, tired, or wide awake. Watching them and learning about their cues, waiting with them to learn how best to respond to them and wondering just what it is that they are thinking and feeling is a great way to support your bond.

Serve and return. Remember that your baby wants to respond to you and needs more time to respond. So remember to leave a space for them after questions, and watch out for their response. They might not speak or make a sound, they may twitch a hand or leg, smile or move their head. Babies communicate with their bodies.

Skin to skin, and responsive touches help your baby to feel safe, regulate their emotions and learn how to settle. However much you hold them, it is never too much, and every touch, smile, word, and response to your baby is literally building their brain in a positive way.

It's not always perfect, in fact, it hardly ever is, and that's ok for your baby, but if you're not feeling ok, worried, anxious, stressed, or you think you're not coping, please reach out to us, to your partner, midwife, health visitor, GP, or even a mate or family member.

How do I do skin-skin?

- Get comfy, with your arms and back supported, as you could be sitting or lying a while.
- Get baby on your bare chest in just their nappy and cover them with a blanket to keep them warm.
- Hold your baby close, supporting them with both hands.
- Take note of how your baby responds to you, and how they react to things around them.