



# Dad's Toolkit

## Prenatal



### 5 Fatherhood Myths

- ★ **Only the expectant mother's feelings are important.** Sharing your feelings and fears about pregnancy with your partner helps her know what you're excited, anxious, concerned about.
- ★ **Newborns don't really need their fathers.** You are important! Spending time with you is comforting and soothing to him.
- ★ **Men don't know how to care for young children.** Caring for young children is a learning experience for moms and dads. Spending time with your baby helps you learn his wants and needs.
- ★ **Men who focus on their children can't make it in the work world.** Men are often taught to value work as their main source of worth and self-esteem. Being a good father is a huge accomplishment in life.
- ★ **You are destined to become just like your own father.** Your dad is just one influence of the kind of dad you'll become. Look to teachers, uncles, grandfathers, friends, brothers, colleagues, to help you create your own identity as a father.

Ask family and friends about cribs, playpens and other hand-me-downs that could keep costs down. Make sure everything is clean and working correctly.

### DID YOU KNOW?

*ONE OF THE MOST IMPORTANT THINGS THAT DECIDES WHETHER A WOMAN GOES TO PRENATAL VISITS IS THE SUPPORT OF THE FATHER. BE THAT DAD!*

Tell the World:

**“I'm a Dad. I'm going to be important to my baby!”**

### Bonding with baby

- ♥ Talk, talk, talk. It may feel silly but talking to your baby is a great way to start your relationship.
- ♥ Read to your baby.
- ♥ Play a variety of music for your baby – and sing!
- ♥ Feel baby kick.
- ♥ Massage baby through mom's belly. Both mom and baby will enjoy the attention.
- ♥ Play peek-a-boo with baby and a flashlight. Place light on mom's belly and watch baby respond. This works best after you can feel the baby move.

**Fact:**  
Baby can recognize dad's voice by 22 weeks of gestation.

### Daddy Go-Bag

- ✓ Camera, video camera and batteries
- ✓ Cell phones and chargers
- ✓ Clean, comfortable clothes
- ✓ Zip-up hoodie for skin to skin contact
- ✓ Toiletries
- ✓ Snacks and drinks
- ✓ Cash for vending machine or take-out
- ✓ Something to do or read, like cards
- ✓ Note pad and pen
- ✓ Car seat

## Check out these websites and apps for FREE info!



National Center for Fathering: <http://www.fathers.com/>

Mr. Dad: <http://mrdad.com/>

National Responsible Fatherhood Clearinghouse:  
<https://www.fatherhood.gov/>

Great Dad: <http://www.greatdad.com/>

Dad's Adventure: <http://www.dadsadventure.com/>

Teach Early: <http://www.teachearly.org/>

### Supporting Mom and baby

- ◆ Go to prenatal appointments together and don't be afraid to ask questions.
- ◆ Encourage your partner to check with her doctor before taking any over the counter of prescriptions medications.
- ◆ Plan for the baby together. Talk about what you and your partner both want for the baby.
- ◆ Go to childbirth education classes together.
- ◆ Help your partner stay healthy during her pregnancy. Choose healthy meals together.
- ◆ Exercise together; walking and swimming are good options.
- ◆ Be sure your partner gets enough sleep. Stress can be harmful to both mom and baby.
- ◆ Do household chores. Strong cleansers, paint products, and insecticides can harm your baby.
- ◆ Take over cat litter duty so your partner isn't exposed to dangerous bacteria.
- ◆ Help your pregnant partner avoid alcohol or drugs.



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**[www.nwhealth.org](http://www.nwhealth.org)**  
**(800) 432-4121**



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205 Grove St.  
Mancelona, MI 49659

209 Portage Dr.  
Bellaire, MI 49615

220 W. Garfield  
Charlevoix, MI 49720

3434 M-199, Suite A  
Harbor Springs, MI 49740

95 Livingston Blvd.  
Gaylord, MI 49735