



# TIP SHEET: Fathers - How to Prepare for Baby



- Be supportive and understand that pregnancy can be physically and emotionally challenging for your partner.
- Attend prenatal appointments with your partner as this will allow you to be actively involved in the pregnancy from the beginning.
- Educate yourself and take time to learn about pregnancy, childbirth, infant care, and child development.
- Communicate with your partner and be open and honest about your thoughts and feelings.
- Talk with your partner about pain management during the delivery.
- Have a bag ready with the essentials to include items such as clothing, toiletries, snacks, and important documents for both the hospital stay and the baby's arrival.
- Create a support system, and connect with other fathers or friends who have been through pregnancy.
- Make a list of family and friends to notify when baby is born.
- Practice self-care, find time to do things you enjoy to ensure you are equipped to support your family, and have the energy to do so.
- Map out the best route to the hospital or facility where baby will be delivered.
- Be as engaged and supportive as you can as an expectant father and partner.

## Things to consider before the arrival of baby

- Be part of the planning process for the baby shower.
- Support your partner to pick out clothes, baby gear, etc.
- Think about the relationship you had with your father and what kind of father you want to be.
- Reduce stress by helping with household tasks that your partner may have done in the past but has limited energy to do now.
- Getting enough sleep is crucial to allow your body and mind the opportunity to recharge - which is much needed when you're becoming a father.
- Pick up your favorite childhood books to read to the baby.
- Learn how to change diapers and install the car seat for the baby.

## Education

- Baby List [www.babylist.com/hello-baby/dad-groups](http://www.babylist.com/hello-baby/dad-groups)
- Fathers Helping Fathers [fathershelpingfathers.com/book-guides/](http://fathershelpingfathers.com/book-guides/)



## Resources

### 1. Caring Dads

[caringdads.org](http://caringdads.org)

Working with fathers to promote the safety and well-being of children and their mothers

### 2. Father Craft

[fathercraft.com/new-dad-tips/](http://fathercraft.com/new-dad-tips/)

Tips for new dads: 33 tips that are great advice for expectant fathers and first-time dads

### 3. Fathers New Mexico

[fathersnewmexico.org](http://fathersnewmexico.org)

Helps young men in New Mexico become great fathers

### 4. Healthline

[healthline.com/health/preparing-for-fatherhood#team-player](http://healthline.com/health/preparing-for-fatherhood#team-player)

16 Ways to Get Ready to Become a Dad

### 5. National Institute for Children's Health Quality

[nichq.org/insight/promoting-fathers-mental-health-during-childrens-early-childhood](http://nichq.org/insight/promoting-fathers-mental-health-during-childrens-early-childhood)

Promoting Fathers' Mental Health During Children's Early Childhood

### 6. National Responsible Fatherhood Clearinghouse

[fatherhood.gov/for-programs/young-fathers/strategies-support-self-sufficiency](http://fatherhood.gov/for-programs/young-fathers/strategies-support-self-sufficiency)

Strategies to Support Self-Sufficiency

### 7. Pampers

[pampers.com/en-us/pregnancy/preparing-for-your-new-baby/article/preparing-for-fatherhood](http://pampers.com/en-us/pregnancy/preparing-for-your-new-baby/article/preparing-for-fatherhood)

25 Things to Do When Preparing for Fatherhood

### 8. Postpartum Depression Alliance of Illinois

[ppdil.org/resources-for-dads/](http://ppdil.org/resources-for-dads/)

Postpartum Help for Fathers, Dad, Husbands, Partners

### 9. Postpartum Support International

[www.postpartum.net/get-help/help-for-dads/](http://www.postpartum.net/get-help/help-for-dads/)

Postpartum Mental Health is a Men's Issue

### 10. WebMD

[webmd.com/baby/dads-to-do-list-getting-ready-for-baby](http://webmd.com/baby/dads-to-do-list-getting-ready-for-baby)

Dad's To-Do List: Getting Ready for Baby